

One Fine Day

COPPERKNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Improver
編舞者: Amanda Bowden (AUS) & Gordon Elliott (AUS) - April 2013
音樂: Keep On Running - The Spencer Davis Group : (Album: Revolutions : The Best Of Steve Winwood - Remastered)



This dance is done in FOUR directions. Introduction: 40 Beats on vocals
Original Position: Feet Together Weight On The Left Foot.

FORWARD, FORWARD, FORWARD, KICK, BACK, TOUCH, FORWARD, KICK

1, 2 Step R Forward, Step L Forward,
3, 4 Step R Forward, Kick L Forward,
5, 6 Step L Back, Touch R Toe Back,
7, 8 Step R Forward, Kick L Forward.

SLOW COASTER, SCUFF, PIVOT TURN, FORWARD, HOLD

1, 2, 3 Slow Coaster : Step L Back, Step R Together, Step L Forward,
4 Scuff R Forward,
5, 6 Pivot : Step R Forward, Turn 180deg Left Take Weight Onto L,
7, 8 Step R Forward, Hold.

DOROTHY STEP, DOROTHY STEP, DOROTHY STEP, FORWARD, ROCK

1, 2 & Step L Forward At 45deg Left, Lock R Behind Left, Step L Together,
3, 4 & Step R Forward At 45deg Right, Lock L Behind Right, Step R Together,
5, 6 & Step L Forward At 45deg Left, Lock R Behind Left, Step L Together,
7, 8 Step R Forward, Rock Back Onto L.

SAILOR STEP, SAILOR STEP, SAILOR STEP, FORWARD, SCUFF

1 & 2 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
3 & 4 Sailor : Step L Behind Right, Step R To The Side, Step L To The Side,
5 & 6 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
7, 8 Step L Forward, Scuff R Forward. ##

TOE STRUT, 1/4 TOE STRUT, HIP, HIP, HIP, HIP

1, 2 Strut : Step R Toe Forward, Drop R Heel To The Floor,
3, 4 Strut : Turn 90deg Left Step L Toe Forward, Drop L Heel To The Floor,
5, 6 Step R To The Side Push Hips To The Right, Push Hips To The Left,
7, 8 Push Hips To The Right, Push Hips To The Left. **

[40] REPEAT THE DANCE IN NEW DIRECTION

TAG : At the END (**) of WALL 1 (3.00) add the following tag

1, 2 Step R Forward At 45deg Right, Step L Forward At 45deg Left,
3, 4 Step R Back To The Centre, Step L Together

RESTART : On WALL 3 & WALL 6 dance to BEAT 32 (##) & RESTART to the 6.00 & 12.00 respectively