

One & One & One

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Marie Sørensen (TUR) - November 2013
音樂: One & One & One - Adam Harvey : (Album: Workin' Overtime - iTunes)



Intro: 32 Counts - No tags, no restart !

SWAY, SWAY, SHUFFLE, SWAY, SWAY, SHUFFLE

1-2 Sway right, sway left
3&4 Step fwd. right, step left next to right, step fwd. right
5-6 Sway left, sway right
7&8 Step fwd. left, step right next to left, step fwd. left (12:00)

ROCK, RECOVER, CHASSE 1/4 TURN RIGHT, CROSS, BACK, CHASSE LEFT

1-2 Rock fwd. right, recover
3&4 ¼ turn right, step right to right side, step left next to right, step right to right side
5-6 Cross left over right, step back on right
7&8 Step left to left side, step right next to left, step left to left side (03:00)

CROSS, POINT, CROSS, POINT, CROSS, BACK, COASTER STEP

1-2 Cross right over left, point left to left side
3-4 Cross left over right, point right to right side
5-6 Cross right over left, step back on left
7&8 Step back on right, step left next to right, step fwd. on right(03:00)

STEP ½ TURN RIGHT, SHUFFLE FWD. LEFT, ROCKIN CHAIR

1-2 Step fwd. left, ½ turn right (Weight on right)
3&4 Step fwd. left, step right next to left, step fwd. left
5-6 Rock fwd. right, recover
7-8 Rock back right, recover (09:00)

NOTE: Thanks for this suggestion, this dance is dedicated to The Chieftains in Stein/Netherlands.

Have Fun!

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