

One Track Mind

COPPER KNOB
BY STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alan Birchall (UK) - March 2014
音樂: I'm a Freak (feat. Pitbull) - Enrique Iglesias : (CD: Single or Album - Sex & Love /
Explicit or That's What I Call Music 87 / Clean)



Released At LDF Manchester 2014

Start: On Lyrics - Seconds: 22 - Counts: 16 From Start Of Beat - BPM: 128

KICK FRONT, SIDE, SAILOR STEP, CROSS, SIDE, BEHIND ¼

1-2 Kick Right Foot Slightly Across Left, Kick Right Foot To Right
3&4 Cross Right Behind Left, Step Left To Left, Step Right In Place
5-6 Cross Left Over Right, Step Right To Right
7-8 Step Left Behind Right, Making ¼ Turn Right Step Forward On Right 3:00

STEP ¼ , CROSS SHUFFLE, KICK BALL CROSS X2

9-10 Step Forward On Left, ¼ Pivot Right 6:00
11&12 Cross Left Over Right, Step Right To Right, Cross Left Over Right
13&14 Kick Right Foot Forward, Step Back On Right, Cross Left Over Right
15&16 Kick Right Foot Forward, Step Back On Right, Cross Left Over Right

ROCK, RECOVER, BEHIND, SIDE, CROSS, HEEL SWITCHES, TOUCH BACK, UNWIND ½

17-18 Rock Right To Right, Recover On Left
19&20 Cross Right Behind Left, Left To Left, Cross Right Over Left
&21&22 Step Back On Left, Touch Right Heel Forward, Step Right By Left, Touch Left Heel Forward
&23-24 Step Left By Right, Touch Right Toe Back, Unwind ½ Turn Right 12:00

ROCK, RECOVER, FULL TRIPLE TURN, CROSS, SIDE, BEHIND, UNWIND ½

25-26 Rock Forward On Left, Recover On Right
27&28 Full Triple Turn Left Stepping Left Right Left 12:00

Alt: Coaster Step

29-30 Cross Right Over Left, Step Left To Left
31-32 Cross Right Behind Left, Unwind ½ Turn Right 6:00

Dance Finishes Here During 7th Wall - Simply Unwind A Full Turn To Finish Facing 12:00

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS, SIDE, ¼ SAILOR TURN

33-34 Cross Rock Left Over Right, Recover On Right
35&36 Step Left To Left, Right By Left, Step Left To Left
37-38 Cross Right Over Left, Step Left To Left
39&40 Cross Right Behind Left, Making ¼ Turn Right Stepping Left By Right, Step Right In Place
9:00

STEP ½ PIVOT, STEP ¼ PIVOT, CROSS, BACK, SIDE, CROSS

41-42 Step Forward On Left, ½ Pivot Right 3:00
43-44 Step Forward On Left, ¼ Pivot Right 6:00
45-46 Cross Left Over Right, Step Back On Right
47-48 Step Left To Left, Cross Right Over Left

½ MONTEREY TURN, POINT ¼ TWIST, ROCK, RECOVER, ¾ TRIPLE TURN

49-50 Point Left To Left, Making ½ Turn Left Stepping Left By Right 12:00
51-52 Point Right To Right, Twisting Right Heel Left Make ¼ Turn Right 3:00
53-54 Rock Forward On Left, Recover On Right

55&56 ¾ Triple Turn Left Stepping Left Right Left 6:00

ROCK, RECOVER, FULL TRIPLE TURN, ROCK, RECOVER, COASTER STEP

57-58 Rock Forward On Right, Recover On Left

59&60 Full Triple Turn Right Stepping Right Left Right 6:00

Alt: Coaster Step

61-62 Rock Forward On Left, Recover On Right

63&64 Step Back On Left, Step Right By Left, Step Forward On Left 6:00

Alt: Full Triple Turn Left

START AGAIN

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