

One Dance

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Improver
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音乐: D.a.N.C.E - 2341studios



I. Walk Forward, Mambo, Walk Back, 1/8 Turn Sailor Step. 1-2 Step Rf forward, step Lf forward

3&4 Rock Rf forward, Recover on Lf, Step back Rf
5-6 Step Lf back, Step Rf back
7&8 1/8 turn L (10.30) Cross Lf behind Rf, Step Rf beside Lf, Step Lf forward

II. Walk Diagonal, 1/2 Turn Botafogo, Step forward, Lock Shuffle. 1-2 Step Rf forward, step Lf forward

3&4 Step Rf forward, 1/2 turn R stepping Lf back, step Rf in place
5-6& Step Lf forward, Step Rf forward, Step Lf behind Rf
7&8 Step Rf forward, Step Lf behind Rf, Step Rf forward (04.30)

III. 1/8 Turn Cross, Side, 1/4 Turn Sailor Step, 1/2 Turn Diamond. 1-2 1/8 Cross Lf over Rf (03.00), step Rf to right side

3&4 1/4 turn L Cross Lf behind Rf, Step Rf beside Lf, Step Lf forward (12.00)
5&6 Cross Rf over Lf, turn 1/8 turn R step Lf to left side, 1/8 turn R Step back on Rf
7&8 1/8 turn R step back on Lf, 1/8 turn R Step Rf to right side, step Lf to left side (06.00)

IV. Hip bump, Behind Side Cross, Walk Around, Hip Roll. 1&2 Step Rf to right side and hip bump R (1), hip bump L (&), hip bump R (2)

3&4 Cross Rf behind Lf, step Lf to side, cross Rf over Lf
5-6 Turn 1/4 L step Lf forward (03.00) , turn 1/4 L step Rf forward (12.00)
7-8 Turn 1/2 L step Lf forward (06.00), step Rf next to Lf and hip roll

Restart on wall 2, 5, and 8 after 16 counts with step change Close Lf next to Rf. Enjoyyyy and Happy Dancing!!!

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