

One Life

COPPER KNOB
STEPSHEETS

拍数: 56
编舞者: Michael Vera-Lobos (AUS)
音乐: One Life - Michelle McManus

墙数: 2

级数: Intermediate/Advanced



STEP FORWARD, ½ PIVOT, ROCK FORWARD, ROCK BACK & ¼ RIGHT, STEP FORWARD, ½ PIVOT & STEP FORWARD, FULL TURN FORWARD OVER LEFT

- 1-2-3-4 Step forward right, pivot ½ left, rock forward right, rock back on left (6:00)
&5-6&7-8 Turning ¼ right step onto right, step forward on left, pivot ½ right (3:00) & step forward left, turn full turn forward left stepping right, left

SIDE/Drag, BEHIND & ¼ RIGHT, ROCK FORWARD, ROCK BACK & ½ LEFT, STEP FORWARD, ½ DROP LEFT, STEP & ½ RIGHT, ½ STEP RIGHT

- 1-2&3 Step right to right dragging left, cross left behind right & turn ¼ right on right, rock forward on left 6:00
4&5-6 Rock back on right & turn ½ left, step forward on right (12:00), raising heels twist ½ left end drop weight onto right (6:00)
7&8 Step back on left & turn back ½ right on right, turn a further ½ right stepping onto left 6:00

ROCK BACK, REPLACE & ¼ LEFT, TOUCH BEHIND, ¾ LEFT, CROSS ROCK, REPLACE, 1 ¼ TRIPLE RIGHT

- 1-2&3-4 Rock back on right, rock forward on left & turn ¼ left stepping onto right, touch left behind right, unwind ¾ left (weight left 6:00)
5-6-7&8 Cross rock right over left, rock back on left, turning 1 ¼ right step right, left, right (9:00)

SIDE ROCK, REPLACE & BALL CROSS TO LEFT, STEP SIDE, ROCK BEHIND, REPLACE & STEP SIDE, TOUCH BEHIND, ¾ LEFT

- 1-2&3-4 Rock left to left, replace weight on right & stepping left to left cross right over left, step left to left (9:00)
5-6&7-8 Rock right behind left, replace weight on left & step right to right side, touch left behind right, unwind ¾ left (end weight left 12:00)

ROCK FORWARD, REPLACE & ¼ CROSS RIGHT, ¼ LEFT, ROCK BACK, REPLACE & STEP FORWARD, FULL TURN FORWARD LEFT

- 1-2&3-4 Rock forward right, rock back on left & turn ¼ right stepping onto right, cross left over right, turn ¼ left stepping onto right (12:00)
5-6&7-8 Rock back left, rock forward right & step forward left, traveling forward turn a full turn left stepping right then left ending with right slightly hooked behind left (12:00)

SHUFFLE BACK, TOUCH TOE BACK, ½ REVERSE PIVOT LEFT, STEP BACK, HOOK ACROSS, FULL TRIPLE FORWARD RIGHT

- 1&2-3-4 Shuffle back right stepping right, left, right, touch left toe back, unwind ½ left (weight right) (6:00)
5-6-7&8 Step back left angling body left (5:00), hook right across left, travel forward triple full turn right stepping right, left, right (6:00)

STEP FORWARD, ¼ SWEEP LEFT, CROSS & STEP SIDE, CROSS BEHIND, SIDE ROCK, ¼ LEFT BACK, STEP BACK & ½ RIGHT, STEP FORWARD

- 1-2-3&4 Step forward left, turn ¼ left sweeping right to right side, cross right over left & step left to left, cross right behind left (3:00)
5-6 Side rock left to left, turning ¼ left replace on weight right (12:00)
7&8 Step back left & turn ½ right on right, step forward left (6:00)

REPEAT

RESTART

On wall 2 dance to count 32 & restart facing back wall
