

# Forward On One

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Jamie Marshall (USA)  
音乐: Ain't It Funny - Jennifer Lopez



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## STEP FORWARD RIGHT, ROCK, RECOVER, TURN 1 ½ LEFT, SIDE ROCK RIGHT, SAILOR WITH ¼ LEFT TURN

1-2-3      Step forward right, rock forward left, recover on right  
4&5      Turn ½ left stepping forward on left, turn ½ left stepping back on right, turn ½ left stepping forward on left  
6-7      Rock side right, recover on left  
8&      Cross right behind left, turn ¼ left stepping forward on left

## STEP FORWARD RIGHT, ROCK, RECOVER, TURN 1 ½ LEFT, SIDE ROCK RIGHT, SAILOR WITH ¼ LEFT TURN

9-16      Repeat steps 1-8

## STEP FORWARD RIGHT, ROCK, RECOVER, BACK LOCK STEP, BACK STEPS WITH ATTITUDE

17-18-19      Step forward right, rock forward left, recover on right  
20&21      Step back left, cross right over left, step back on left  
&22      Step back right, touch left toe forward with raised heel slightly turning body to right  
&23      Step back left, touch right toe forward with raised heel slightly turning body to left  
&24      Step back right, touch left toe forward with raised heel slightly turning body to right

**Steps &22-24 may be danced with knee pops or moon walk**

## STEP FORWARD RIGHT, ¼ TURN LEFT, WEAVE RIGHT, STEP TOGETHER, COASTER

&25-26-27      Step left next to right, step forward right, turn ¼ left stepping on left, step right to right  
28&29-30      Cross left behind right, step right to right, cross left over right, step right next to left  
31&32      Step back on left, step right next to left, step forward on left

**REPEAT**

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