

Back At One

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Intermediate
编舞者: Tim Gauci (AUS)
音乐: Back At One - Shayne Ward



No intro. Commence dance on first beat. This will take some practice

SIDE, HOLD, BEHIND, ¼ TURN, STEP, PIVOT ¾, STEP, HOLD

1-8 Step right to right, hold (sliding left towards right foot), step left behind right, step right forward making ¼ turn right, step left forward, pivot ¾ to right, step left to left, hold (sliding right towards left)

BEHIND, SIDE, ACROSS, ¼ TURN, BACK, HOOK, STEP, HINGE

9-16 Step right behind left, step left to left, step right over left, making ¼ turn right step left back, step right back, hook left foot to right shin, step left forward turning ¼ left, step right to right making a ½ hinge left (facing back)

STEP, HOLD, REPLACE, TOGETHER, STEP, HOLD, FULL TURN LEFT

17-24 Step left to left, hold (look to left), replace weight onto right, step left together, step right to right, hold (look to right), making full turn left step left, right (traveling to left side)

SIDE, TOGETHER, FORWARD, TOGETHER, BACK, SWEEP, BACK, SWEEP

25-32 Step left to left, step right together, step left forward, step right together, step left back, sweep right around to back (weight left), step right back, sweep left around to back (weight right)

BEHIND, ¼ TURN, SIDE, HOLD, BEHIND, SIDE, ACROSS, HOLD

33-40 Step left behind right, making ¼ turn right step right forward, step left to side, hold, step right behind left, step left to left, step right over left (weight right), hold

REPLACE, ¼ TURN, STEP, PIVOT, STEP, PIVOT, SIDE, HOLD

41-48 Step weight onto left, making ¼ turn right step right forward, step left forward, pivot ½ right, step left forward, pivot ½ right, step left to left side, hold

Restart goes here on wall 5, after a touch and hold

BEHIND, SIDE, ACROSS, SWEEP, ACROSS, ¼ TURN, FULL TURN

49-56 Step right behind left, step left to left, step right over left, sweep left foot around to front, step left over right, step right back making ¼ turn left, making ½ turn left step left forward making ½ turn left step right back

BACK, HOLD, BACK, TOGETHER, STEP, SWEEP, STEP, SWEEP

57-64 Step left back, hold, step right back, step left together, step right forward, sweep left around to the front, step left forward, sweep right foot around to the front

ACROSS, BACK, BACK, HOLD, ACROSS, ¼ TURN, SIDE, HOLD

65-72 Step right over left, step left back 45 degrees left, step right back, hold 45 degrees right, step left over right, step right back making ¼ turn to left, step left to left, hold (weight left)

Restart here on wall 2

STEP, PIVOT ½, STEP, HOLD, STEP PIVOT ½, STEP, TOUCH

73-80 Step right forward, pivot ½ to left, step right forward, hold, step left forward, pivot ½ to right, step left to left side, touch right next to left (or for styling flick right foot behind left) - weight left

REPEAT

RESTART

On wall 5, dance up to beat 48 (facing front) and touch right next to left. Hold. Restart dance
