

# One Friend

COPPERKNOB  
STEPSHEETS

拍數: 34      牆數: 2      級數: Intermediate  
編舞者: Edwin P Napitu (NL) - July 2015  
音樂: One Friend - Dan Seals



Intro: 12 counts

**(1-8) SIDE, ½ TURN L/STEP, STEP, ROCK STEP, BACK(SWEEP), BACK ROCK, ¾ TURN L(SWEEP), CROSS, SIDE**

1 – 2&      R long side step to right side, ½ turn left/step L forward, step R forward  
3 & 4      Rock L forward, recover on R, step L back(sweep R behind L)  
5 – 6      Rock R behind L, recover on L  
&7 – 8&      ½ turn left/step R back, ¼ turn left/step L forward(sweep R back to front), cross R over L, step L to left side

**(9-16) BACK ROCK, SIDE, BACK ROCK, ½ TURN R/BACK, BACK ROCK, FULL TURN L FORWARD, FLICK, STEP**

1 – 2      Rock R behind L, recover on L  
&3 – 4      Step R to right side, cross L behind R, recover on R  
& 5 – 6      ½ turn right/step L back, cross R behind L, recover on L  
& 7 & 8      ½ turn left/step R back, ½ turn left/step L forward, flick R behind L, step R forward

**(17-24) ROCK STEP, BACK/R DRAG, BACK, ½ TURN L/STEP, STEP, ROCK STEP ¼ TURN L, SIDE, WEAWE TO LEFT**

1 & 2      Rock L forward, recover on R, step L back/drag R back  
3 & 4      Step R back, ½ turn left/step L forward, step R forward  
5 & 6      Rock step, ¼ turn left, step L to left side  
7 & 8&      Cross R over L, step L to left side, cross R behind L, step L to left side

**(25-34) CROSS ROCK, ¼ TURN L/STEP, STEP, PIVOT ½ TURN L STEP, FULL TURN R FORWARD, ¼ TURN R/SIDE, BACK ROCK, SWAYS**

1 – 2      Cross R over L, recover on L  
& 3      ¼ turn right/step R forward, step L forward  
4 & 5      Step R forward, pivot ½ turn left, step R forward  
6 & 7      ½ turn right/step L back, ½ turn right/step R forward, ¼ turn right/step L long to left side  
8 &      Rock R behind L, recover on L

**RESTART – Wall 3□**

9 – 10      Step R to right side/sway R to right side, sway L to left side

Restart : during 3rd wall ( after count 32&).....(06:00)

Just dance & Happy Fun!

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