

On and On and On

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Tom Inge Soenju (NOR) - February 2025
音樂: On and On and On - Klara Hammarström



Abbreviations: min – minutes, bpm – beats per minute, C – Count, R – right, L – left, F – foot, fwd

Music Availability: Available on all major music platforms and providers.

Note: When you have listened to the music a couple of times, the sequence will be easier to follow and is not as hard as it looks ;-)
Part A are on the verses and Part B is on the Pre-chorus and chorus.

Intro: 16 counts.

Sequence: A A B16C RESTART B B TAG1 A B B B16C RESTART B TAG2 B TAG1 B
(AABRESBBT1ABBBRESBT2BT1B)

Tag/Restart: 2 tags appearing 3 times (Tag 1 after wall 5 and 11, and Tag 2 after wall 10) and 2 restarts after 16 counts in wall 3 and wall 9.

End: Dance as normal until music ends (12:00) and pose.

PART A (Nightclub using ½ tempo):

SECTION 1: WEAVE WITH SWEEPS STARTING WITH FWD SWEEP, BEHIND-SIDE-CROSS ROCK, RECOVERSIDE-CROSS ROCK, RECOVER, ¾ L TURN WITH SWEEP

- 1 Step RF fwd and sweep LF back to front
- 2&3 Cross LF over RF, Step RF to R side, Step LF behind RF and Sweep RF from front to back
- 4&5 Step RF behind LF, Step LF beside RF, Cross (rock) RF over LF
- 6&7 Transfer weight onto LF, Step RF next to LF, Cross (rock) LF over RF
- 8&1 Transfer weight onto RF, ¼ L turn stepping LF fwd, ½ L turn stepping RF back and sweep LF from front to Back

SECTION 2: WEAVE WITH SWEEP, CROSS, ¼ R TURN, BASIC NC, SLIDE, B ROCK-RECOVER

- 2&3 Step LF behind RF, Step RF to R side, Cross LF over RF and sweep RF back to front
- 4&5 Cross RF over LF, ¼ R turn stepping LF back, Slide RF to R side
- 6&7 Rock LF behind LF, Cross RF over LF, Slide LF to L side
- 8& Rock RF back, Transfer weight onto LF

PART B:

SECTION 1: R FWD ROCK-REC, COASTER CROSS, SIDEROCK-REC, WEAVE (BEHIND-SIDE-CROSS)

- 1-2 Rock RF fwd, Transfer weight onto LF
- 3&4 Step RF back, Step LF beside RF, Cross RF over LF
- 5-6 Rock LF to L side, Transfer weight onto RF
- 7&8 Step LF behind RF, Step RF beside LF, Cross LF over RF

SECTION 2: SIDEROCK-REC, BEHIND TOUCH, ¾ R UNWIND, ROCK, ¼ R REC, CROSS SAMBA

- 1-2 Rock RF to R side, Transfer weight onto LF
- 3&4 Touch RF behind LF, Unwind ¾ R
- 5-6 Rock LF fwd, ¼ R stepping RF to R side
- 7&8 Cross LF over RF, Rock ball of RF to R side, Step LF to L side

(RESTART here in wall 3 (12:00) and 9 (06:00))

SECTION 3: ACROSS TOE-STRUT, COASTER ¼ R TURN, POINT, HOLD, BALL-STEP, ROCK, ¼ R REC

- 1-2 Touch RF toes across LF, Step RF down
- 3&4 ¼ R turn stepping LF back, Step RF beside LF, Step LF fwd
- 5-6&7 Point RF forward, Hold, Step ball of LF next to RF, Step RF fwd
- 8& Rock LF fwd, ¼ R turn Recovering weight onto RF

SECTION 4: CROSS, HOLD, SIDE, BEHIND, HOLD, SIDE, CROSS, SCUFF, OUT-OUT, IN-IN

- 1-2 Cross LF over RF, Hold
- &3-4 Step RF to R side, Step LF behind RF, Hold
- &5-6 Step RF to R side, Cross LF over RF
- &7&8& Scuff RF fwd, Step RF to R side, Step LF to L side, Step RF to center, Step LF beside RF

TAG 1 AFTER WALL 5 (12:00) AND 11 (06:00)

SECTION 1: R ROCKING CHAIR

- 1-2 Rock RF fwd, Transfer weight onto LF-forward, NC – Nightclub, B – back, REC - recover
- 3-4 Rock RF back, Transfer weight onto LF

TAG 2 AFTER WALL 10 (12:00)

SECTION 1: R FWD ROCK-REC, SLIGHT HITCH

- 1-2-3 Rock RF fwd, Transfer weight onto LF, Hitch RF slightly Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me:

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