

One By One

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ian Dunn (AUS)
音樂: One By One - Crosby Sisters



Third place at Riverstone 98 - Australian music section. Highly Commended at "Gordon Elliot 98
Choreography Comp

RIGHT STEP, LOCK, STEP, SCUFF, LEFT STEP, LOCK, STEP, SCUFF

1-4 Step right forward, lock left behind right, step right forward, scuff left behind right & forward
5-8 Step left forward, lock right behind left, step left forward, scuff right forward & swing to right

7 BEAT VINE RIGHT, TOUCH

1-4 Step right to right side, step left behind right, step right to right side, step left across right
5-8 Step right to right side, step left behind right, step right to right side, touch left beside right

VINE LEFT, SCUFF, RIGHT STEP, LOCK, STEP, SCUFF

1-4 Step left to left side, step right behind left, step left to left side, scuff right beside left
5-8 Step right forward, lock left behind right, step right forward, scuff left forward

LEFT, HOLD, ¼ RIGHT, HOLD, LEFT, HOLD, ¼ RIGHT, HOLD

1-4 Step left forward, hold, pivot on right foot ¼ turn right, hold
5-8 Step left forward, hold, pivot on right foot ¼ turn right, hold

LEFT LOCK, SCUFF, REGGAE TURN ¼ turn RIGHT, TOUCH

1-4 Step left forward, lock right behind left, step left forward, scuff right beside left & forward
5-6 Cross right over left, step left back (start ¼ turn to right)
7-8 Step right back (& complete ¼ turn to right), touch left beside right

FULL TURN LEFT, SIDE STEP RIGHT, SIDE, STEP ONTO LEFT

1-4 Roll to left full turn stepping left-right-left, touch right beside left
Please feel free to substitute a vine to the left (left-right-left, touch) for the full turn turn
5-8 Long step right to right side, two beat slow slide left beside right, step left beside right (weight on left)

BALL JACK, HOLD, TOGETHER, HOLD

1-4 Hop back on right 45 degrees right with left heel forward 45 degrees left, hold, hop together, hold (small ball jack feet 12 to 18 inches apart)

Please feel free to substitute left heel 45, hold, together hold & right heel 45, hold, together, hold if jumping is a problem in ball jacks

BALL JACK, HOLD, TOGETHER, HOLD

5-8 Hop back on left 45 degrees left with right heel forward 45 degrees right, hold, hop together, hold (small ball jack feet 12 to 18 inches apart)

TOUCH LEFT, RIGHT, FORWARD, TAP TAP BACK

1-2 Touch left toe to left side, step together
3-4 Touch right toe to right side, step together
5-6 Touch left heel forward, step together lifting right off the floor
7-8 Touch right toe back twice

REPEAT

To finish the dance the last 8 beats are omitted and substituted with:

1-4 Step left forward, brush right forward, brush right across left, touch right toe to floor with legs crossed

5-8 Hold for 4 counts
