

One Night Stand

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Lu Olsen (AUS)
音樂: One Night Stand - Enrique Iglesias



FORWARD, ½ TOES PIVOT - DROP HEELS, ½ TURN, SHUFFLE FORWARD, REPEAT

- 1-2&3&4 (1) Step right forward (right foot in front of left - leave a small gap between - feet facing 12:00), (2) on balls of both feet ½ pivot left and land on both heels at end of turn (weight right), (&) lift left foot off floor while right foot pivots ½ turn left, (3&4) shuffle forward left-right-left
- 5-6&7&8 Repeat above steps (12:00))

FORWARD, BACK, FORWARD CROSS SHUFFLE, BACK, BACK, BACK CROSS SHUFFLE

Angle body to diagonals as cross shuffling

- 1-2-3&4 Right forward, left back, (cross shuffle back to left diagonal) right over left, left back left diagonal, right over left
- 5-6 Left back at left diagonal, right back at right diagonal
- 7&8 (Cross shuffle back to right diagonal) left over right, right back right diagonal, left over right. (12:00))

ROCK, ROCK, HINGE & SIDE SHUFFLE, HINGE & SIDE SHUFFLE, ½ TURN, FORWARD

- 1-2-3&4 Rock right to right, rock left to left, on left foot hinge ½ right and side shuffle right right-left-right
- 5&6-7-8 On right foot hinge ½ left and side shuffle left left-right-left, right forward ½ pivot left turn, left forward (6:00)

TAP BALL STEP, INWARD HEEL GRIND ¼ TURN, LEFT SAILOR, ¾ UNWIND

- 1&2 Tap right toe forward, right back, left forward
- 3-4 Right heel forward, inward right heel grind into ¼ left turn while turning on left foot dropping right toe at end of turn
- 5&6 (Left sailor) left behind right, right to right, left to left
- 7-8 Touch right behind left, ¾ right unwind on right toe and drop right heel. (ending) (12:00)

EXTENDED CROSS SHUFFLE, BACK, ½ UNWIND, FORWARD ½ TURN, ½ UNWIND

- 1&2 (Extended cross shuffle to right) (1) cross left over right, (&) right to right, (2) cross left over right
- &3 (&) Right to right, (3) cross left over right
- 4-5-6 (Moving towards 6:00) (4) step back on right, (5) left toe back, (6) ½ left pivot dropping left heel
- &7-8 (&) Right forward turning ½ left, (7) left toe back, (8) ½ left pivot dropping left heel (6:00)

(MOVING FORWARD) ROCK, ROCK, CROSS SHUFFLE FORWARD, ROCK, ROCK, CROSS SAMBA

- 1-2-3&4 (Moving forward) rock right to right, rock left to left, (cross shuffle to diagonal) right over left, left to left, right over left
- 5-6-7&8 Rock left to left, rock right to right, (samba) cross left over right, right to right, left to left (end of wall 4)

FORWARD, BOUNCE HEELS ¼, 1/8, PIVOT 3/8 / KICK FORWARD, RIGHT COASTER, ¼ PIVOT

- 1-2-3 Right forward in front of left, bounce both heels ¼ left, bounce both heels a further 1/8th left
- 4 Pivot 3/8th right on left foot while kicking right forward (pivot/kick performed in one motion)
- 5&6-7-8 (Right coaster) right back, left together with right, right forward, left forward, ¼ right pivot (9:00)

CROSS SHUFFLE, BACK, ½ FORWARD, ROCK FORWARD, BACK, ½ FORWARD, FORWARD

- 1&2 (Cross shuffle forward towards right diagonal) left over right, right forward to right diagonal, left over right
- 3-4 Step right back, ½ left step left forward
- 5-6-7-8 Rock right forward, rock left back, ½ right and step right forward, left forward. (9:00)

REPEAT

RESTART

On wall 4, (facing 3:00) dance wall 4 to count 48 (after samba)- then start again for wall 5 facing (9:00).
Dance ends on count 32 with ¾ unwind to the front
