

# One Step To The Left

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Easy Intermediate  
編舞者: Audrey Watson (SCO) - November 2008  
音樂: 1-2-3 - Ann Tayler



Start dance 32 - Count Intro BPM: 182

## SECTION ONE

### SIDE TOG 1/4 TURN TOUCH, 1/4 TURN TOUCH, 1/4 TURN TOUCH.

- 1-2            Step left to left side, close right next left.
- 3-4            Turn 1/4 left stepping fwd on left, touch right next left.
- 5-6            Turn 1/4 left stepping back on right, touch left next right.
- 7-8            Turn 1/4 left stepping fwd on left, touch right next left. (Clap hands on touches)

## SECTION TWO

### SIDE TOG 1/4 TURN TOUCH, SIDE TOUCH, SIDE TOUCH.

- 1-2            Step right to right side, close left next right.
- 3-4            Turn 1/4 right stepping fwd on right, touch left next right.
- 5-6            Step left to left side, touch right next left.
- 7-8            Step right to right side, touch left next right. (Clap hands on touches)

## SECTION THREE

### FWD ROCK BACK HOLD, BACK LOCK STEP, HOLD.

- 1-2            Rock fwd on left, recover back on right.
- 3-4            Step back on left, hold for a beat.
- 5-6.           Step back on right, lock left over right.
- 7-8            Step back on right, hold for a beat

## SECTION FOUR

### BACK ROCK FWD, HOLD, TRIPLE FULL TURN HOLD. (If you don't like turns – Right shuffle fwd)

- 1-2            Rock back on left, recover fwd on right.
- 3-4            Step fwd on left, hold for a beat.
- 5-8            Triple full turn left stepping right, left, right, Or easier option (Right shuffle fwd)

**Add Tag here on wall 6 - Restart dance from beginning again**

## SECTION FIVE

### TOE STRUT, BACK ROCK, SIDE HOLD, 1/2 HINGE TURN HOLD.

- 1-2            Step left toe to left side, drop heel to floor.
- 3-4            Rock right back behind left, recover fwd on left.
- 5-6            Step right to right side, hold for a beat.
- 7-8            Turn 1/2 left stepping left to left side, hold for a beat.

## SECTION SIX

### CROSS STEP CROSS HOLD, 1/4 TURN HOLD. 1/2 TURN HOLD.

- 1-2            Cross right over left, step left to left side.
- 3-4            Cross right over left, hold for a beat.
- 5-6            Turn 1/4 right stepping back on left, hold for a beat.
- 7-8            Turn 1/2 right stepping fwd on right, hold for a beat.

## SECTION SEVEN

### HIP BUMPS, BACK COASTER STEP, 1/2 TURN SPIN LEFT.

- 1-2            Step left to left side bumping hips left, bump hips right.
- 3-4            Bump hips left, bump hips right.

- 5-6 Step back on left, step right next left.  
7-8 Step fwd on left, spin 1/2 turn left on ball of left foot.

**SECTION EIGHT**

**RIGHT LOCK STEP, LEFT LOCK STEP, STOMP, HOLD.**

- 1-2 Step fwd on right, lock left behind right.  
3-4 Step fwd on right, step fwd on left.  
5-6 Lock right behind left, step fwd on left.  
7-8 Stomp fwd on right, hold for a beat.

**TAG: 4 COUNT TAG – STEP TOUCH X 2 to be added at the end of walls: 1 and 3 and after count 32 on wall 6**

- 1-2 Step left to left side, touch right next left.  
3-4 Step right to right side, touch left next right.
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