

One Too Many

COPPER KNOB
STEPPERS

拍數: 32
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牆數: 4

級數: Easy Intermediate

音樂: One & One & One - Adam Harvey : (CD: Workin' Overtime)



Intro 32 counts.

(1 – 8) STEP, ROCK, RECOVER, LOCK STEP BACK, ROCK BACK, RECOVER, ROCK & CROSS;

- 1 . RF step RF forwards
- 2 . LF step/rock LF forwards
- 3 . RF rock back on RF
- 4 . LF step backwards
- & RF step RF across LF
- 5 . LF step backwards
- 6 . RF step/rock backwards
- 7 . LF rock back on LF
- 8 . RF step/rock to right side
- & LF rock back on LF
- 1 . RF cross step RF over LF

(9 – 16) HIP SWAYS L & R, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE ¼ TURN;

- 2 . LF step/rock LF to left side & push hips to left
- 3 . RF push hips to right (weight on RF)
- 4 . LF step LF to left side
- & RF step/close RF next LF
- 5 . LF step LF to left side
- 6 . RF cross/rock RF over LF
- 7 . LF rock back on LF
- 8 . RF step RF to right side
- & LF step/close LF next RF
- 1 . RF step RF with ¼ turn right forwards (3) *** RESTART WALL 10 (6) ***

Restart Dance the 10th wall till the "&" count (restart on count 1 of the second block) and restart again

(17 – 24) STEP, ¼ TURN R, CROSS SHUFFLE, HIP SWAYS R & L, SIDE SHUFFLE ;

- 2 . LF step LF forwards
- 3 . LF+RF make a ¼ turn right (6)
- 4 . LF cross step LF over RF
- & RF step/close RF next LF
- 5 . LF cross step LF over RF
- 6 . RF step/rock RF to right side & push hips to right
- 7 . LF push hips to left (weight on LF)
- 8 . RF step RF to right side
- & LF step/close LF next RF
- 1 . RF step RF to right side

POINT, POINT, ¼ TURN L COASTER STEP, ROCK, RECOVER, COASTER STEP;

- 2 . LF touch LF toe forwards
- 3 . LF touch LF toe to left side
- 4 . LF step LF with ¼ turn left backwards (3)
- & RF step/close RF next LF
- 5 . LF step LF forwards
- 6 . RF step/rock RF forwards

7 . LF rock back on LF
8 . RF step RF backwards
& LF step/close LF next RF

***1. RF start again... (step RF forwards)**

Restart in wall 10, on count 1, after the "&" count in block 2 (6.00)

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