

# The One

**COPPER** **KNOB**  
BY STEPHEN HETS

**Compte:** 32

**Mur:** 2

**Niveau:** Intermediate



**Chorégraphe:** Alison Metelnick (UK) & Peter Metelnick (UK) - April 2015

**Musique:** You're Still the One - Shania Twain : (Album: Greatest Hits)

**Start after 12 count intro – [3mins 14secs – 67 bpm]**

**[1-8] □ L night club basic, ¼ L, ½ L, R fwd, ¼ L pivot turn, R cross rock/recover, R weave back**

1-2& Step L side, rock R back, recover weight on L

3& Turning ¼ left step R back, turning ½ left step L forward (3 o'clock)

4& Step R forward, pivot ¼ left (12 o'clock)

5-6& Cross rock R over L, recover weight on L, step R back on left diagonal (angling body right)

7& Cross step L over R, step R back (squaring to front wall)

8& Step L back on left diagonal, cross step R over L

**Steps 6& – 8& travel slightly backwards in your line of dance**

**WALL 2 & 5 RESTART: Both times facing back wall to begin, dance first 8& counts and then restart the dance**

**[9-16] □ L back, ¼ R side rock (prep), ¼ L recover, ½ L, ¼ L, R cross step, L scissor, grapevine R**

1-2& Step L back (squaring to front wall), turning ¼ right rock R side, recover weight on L turning ¼ left (12 o'clock)

3&4 Turning ½ left step R back, turning ¼ left step L side, cross step R over L (3 o'clock)

5&6 Step L side, step R together, cross step L over R

7& Step R side, cross step L behind R

8& Step R side, cross step L over R

**[17-24] □ R night club basic, L night club basic, ¼ L, R night club basic, ¼ L, ½ L, ½ L**

1-2& Step R side, rock L back, recover weight on R

3-4& Step L side, rock R back, recover weight on L

5-6& Turning ¼ left step R side, rock L back, recover weight on R (12 o'clock)

7&8 Turning ¼ left step L forward, turning ½ left step R back, turning ½ left step L forward (9 o'clock)

**BIG ENDING: Dance up to and including count 24 and bring yourself to face front wall & strike a pose!**

**[25-32] □ R fwd, L fwd, ½ R pivot turn, prissy walk fwd 2, L rocking chair, L side rock/recover, L behind, ¼ R fwd**

1-2& Step R forward, step L forward, pivot ½ right (3 o'clock)

3-4 Cross walk L forward, cross walk R forward

5& Rock L forward, recover weight on R

6& Rock L back, recover weight on R

7& Rock L side, recover weight on R

8& Cross step L behind R, turning ¼ right step R forward (6 o'clock)

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