

You Are the Only One

COPPER KNOB
BY SHEETS

拍数: 90 墙数: 1 级数: Phrased Intermediate
编舞者: Tom Inge Soenju (NOR) - May 2016
音乐: You Are the Only One - Sergey Lazarev : (Eurovision 2016 - iTunes, Google Play and Amazon)



Intro: 8 (24) Counts after church bells.
SEQ: ABCC-B(8)BBCC-A(16)CC(19+end)

The sequence is easy to follow by listening to the music.
The numbers indicate the number of counts done in each part before restart. So B(8) indicates that you dance the first 8 counts of part B before you restart on part B.

The song starts with a beat that can either be counted in a waltz pattern (fast) or in a normal 8-pattern (slow). There are 3 waltz counts in 1 "normal" count. This only applies to part A. In the rest of the song a "normal" 8-counting is used. Both methods of counting have been added for part A and intro, where the waltz-count is in parentheses, in case someone finds this confusing.

Part A: Part A – 26 (78) Counts

Section A1: 1/4 Turn slide, 1/8 Turn slide, 1/4 Turn and slide, 3/8 Turn and slide, Sway, Sway, 1/8 Turn slide, 6/8 Turn rock

- 1 (1,2,3) Turn (1/4) to you left (9:00) sliding right foot back
- 2 (4,5,6) Turn (1/8) to your left (7:30) sliding left foot forward
- 3 (1,2,3) Turn (1/4) to your left (4:30) then slide right foot to right side
- 4 (4,5,6) Turn (3/8) to your left facing 12:00 then slide left foot to left side
- 5 (1,2,3) Recover weight onto right foot
- 6 (4,5,6) Recover weight onto left foot
- 7 (1,2,3) Turn (1/8) to your left (10:30) sliding right foot forward
- 8 (4,5,6) Turn (6/8) to your left (1:30) sliding left foot forward

Section A2: Recover, Rock, 1/8 Turn rock, Recover, Step, Recover, 1/4 Turn slide, 1/8 Turn slide

- 1 (1,2,3) Recover weight onto right foot
- 2 (4,5,6) Recover weight onto left foot
- 3 (1,2,3) Turn (1/8) to your left (12:00) sliding right foot to right side
- 4 (4,5,6) Recover weight onto left foot
- 5 (1,2,3) Step right foot back
- 6 (4,5,6) Recover weight to left foot
- 7 (1,2,3) Turn (1/4) to you left (9:00) sliding right foot back
- 8 (4,5,6) Turn (1/8) to your left (7:30) sliding left foot toward

Section A3: 1/4 Turn and slide, 3/8 Turn and slide, Sway, Sway, 1/8 Turn slide, 6/8 Turn rock, Recover, Rock

- 1 (1,2,3) Turn (1/4) to your left (4:30) then slide right foot to right side
- 2 (4,5,6) Turn (3/8) to your left facing 12:00 then slide left foot to left side
- 3 (1,2,3) Recover weight onto right foot
- 4 (4,5,6) Recover weight onto left foot
- 5 (1,2,3) Turn (1/8) to your left (10:30) sliding right foot forward
- 6 (4,5,6) Turn (6/8) to your left (1:30) sliding left foot forward
- 7 (1,2,3) Recover weight onto right foot
- 8 (4,5,6) Recover weight onto left foot

Section A4: 1/8 Turn Rock, Recover

- 1 (1,2,3) Turn (1/8) to your left (12:00) sliding right foot to right side
- 2 (4,5,6) Recover weight onto left foot

Part B: Part B – 32 Counts

Section B1: Side Rock, Behind-Side-Cross, Side Rock, Behind-Side-Cross

- 1 Step (rock) right foot to right side
- 2 Recover weight onto left foot
- 3 & Cross right foot behind left foot and step left foot next to right foot
- 4 Cross right foot over left foot
- 5 Step (rock) left foot to left side
- 6 Recover weight onto right foot
- 7 & Cross left foot behind right foot and step right foot next to left foot
- 8 Cross left foot over right foot

Section B2: Shuffle forward, Rock, Recover, ½ Turn shuffle, Chassé ¼ turn

- 1 & Step right foot forward and step left foot behind
- 2 Step right foot forward
- 3 Step (rock) left foot forward
- 4 Recover weight onto right foot
- 5 & Half turn to your left, stepping left foot forward and step right foot behind left foot
- 6 Step left foot forward
- 7 & Quarter turn to your left stepping right foot to right side and step left foot next to right foot
- 8 Step right foot to right side

Section B3: Sailor step, Cross Step, Sailor step, Cross, Hitch ¼ turn

- 1 & Step left foot behind right foot and step right foot next to left foot
- 2 Step left foot forward
- 3 Cross right foot over left foot
- 4 Step left foot to left side
- 5 & Step right foot behind left foot and put left foot next to right foot
- 6 Step right foot forward
- 7 Cross left foot over right foot
- 8 Hitch right foot and make a quarter turn to your left

Section B4: Prissy, Hold, Prissy walk, Hold, Rocking chair

- 1 Step right foot forward and across left foot
- 2 Hold
- 3 Hitch left foot forward and across right foot
- 4 Hold
- 5 Step right foot forward
- 6 Recover weight onto left foot
- 7 Step right foot back
- 8 Recover weight onto left foot

Part C: Part C – 32 counts

Section C1: Kickball cross, Scissor cross, Step, Behind-Side-Cross, Step

- 1 & Kick right foot forward and step right foot next to left foot
- 2 Cross left foot over right foot
- 3 & Step right foot to right side and step left foot next to right foot
- 4 Cross right foot over left foot
- 5 Step left foot to left side
- 6 & Step right foot behind left foot and step left foot next to right foot
- 7 Cross right foot over left foot
- 8 Step left foot to left side

Section C2: ¼ Turn chassé, ¼ Turn chassé, ¼ Turn step, ¼ Turn jazz box

- 1 & Quarter turn to your right (3:00) stepping right foot to right side and step left foot next to right foot

- 2 Step right foot to right side
- 3 & Quarter turn to your right (6:00) stepping left foot to left side and step right foot next to left foot
- 4 Step left foot to left side
- 5 Quarter turn to your right (9:00) stepping right foot to right side
- 6 Quarter turn to your right (12:00) stepping left foot to left side
- 7 Cross right foot over left foot
- 8 Step left foot back

Section C3: Together, Cross shuffle, Full turn, 1/8 Turn Forward shuffle

- 1 Step right foot next to left foot
- 2 & Cross left foot over right foot and step right foot behind left foot
- 3 Cross left foot over right foot
- 4 Quarter turn to your left stepping right foot back (9:00)
- 5 Half turn to your left stepping left foot forward (3:00)
- 6 Quarter turn to your left stepping right foot back (12:00)
- 7 & Turn 1/8 to your left (10:30), stepping left foot forward and step right foot behind left foot
- 8 Step left foot forward (10:30)

Section C4: Rock, Recover, 1/8 Turn chassé, Jazz box, Step, Touch

- 1 Step (rock) right foot forward (10:30)
- 2 Recover weight onto left foot
- 3 & Turn 1/8 to your right (12:00), stepping right foot to right side and step left foot next to right foot
- 4 Step right foot to right side
- 5 Cross left foot over right foot
- 6 Step right foot back
- 7 Step left foot to left side
- 8 Touch right foot next to left foot

Enjoy and happy dancing!

Tag/Restart: No Tags, 2 Restarts.

***1st restart: In the second B part, dance the first 8 counts and restart on part B.**

****2nd restart: In the second A part, dance the first 16 counts and restart with part C.**

End: Dance 19 counts of the last C part (after cross shuffle) and finish with sweeping right foot forward to 12:00.
