

# The One

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: The One - Gary Allan



Intro : 8+ 5 counts

**[1-8] Basic NC righth, 1/4 Turn Left, Step, 1/4 turn Left, cross, 1/4 turn Right, 3/8 turn Right, cross left, Step, recover**

1-2 & 3      Step right, step left beside right (3rd position), cross right over left, 1/4 turn left Step forward  
4 & 5      Step right forward, 1/4 turn to left, cross right over left  
6 & 7      1/4 turn right step left back, 3/8 turn right step right, cross left over right (1:30)  
8 &      Step right forward, recover weight on left

**Restart here at 6H 3rd wall**

**On recover: make 1/8 L to face 6H**

**[9-16] Back Sweep R, Back sweep L, Back rock 1/2 turn Left, Back Rock, Step L, 1/2 turn Left, 1/2 turn Left**

1-2      sweep FR (forward to back), sweep FL (front to back)  
3 & 4      Step right back, recover weight on left , pivot 1/2 turn right behind right (7:30)  
5-6-7      Step back on left, recover weight on right, step left forward  
8 &      1/2 turn L footR back, 1/2 turn left foot L forward

**[17-24] Step R, Step L, Recover, 1/8 Left Side, Cross, Big side, Back rock, Pivot 1/2 turn Left, Back**

1-2-3      Step R forward, step L forward, recover weight on right  
4 & 5      1/8 turn left step left to left, cross right over left, big step left to left (6H)  
6-7      Step back left, recover weight on left  
8 &      Pivot 1/2 Turn to left, step back on left (12H)

**[25-32] Back, recover, walk R, Walk L, Step, 3/8 Turn L, Cross, Step L, Step R, 1/8 Turn R recover**

1-2      Step back right, recover weight on left  
3-4      Walk R ,Walk L (wagging)  
5 & 6      Step right, 3/8 turn left, cross right over left (7:30)  
7-8 &      Step left, step right, recover weight on left with 1/8 turn right (9H)

**Final**

**On count 7 of last block**

**Make 1/8 turn left over left**

**Danser, c'est comme parler en silence. C'est dire plein de choses sans dire un mot.**

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