

# You're The Only One

**COPPER** KNOB  
BYEPOSTHEAT

拍数: 32      墙数: 4      级数: Improver  
编舞者: Ayu Permana (INA) - January 2018  
音乐: Sometimes - Britney Spears



The dance starts after 16 counts music intro

## SECTION 1. NC BASIC - SIDE - BEHIND - SIDE - FORWARD - (FORWARD & BACK) MAMBO (12.00)

1-2&3      Long step R to right side - Step L behind R - Cross R over L - Step L to left side  
4&5      Step R behind L - Sep L to left side - Step R forward  
6&7      Step/rock L forward - Recover on R - Step L backward  
8&1      Step/rock R backward - Recover on L - Step R forward

## SECTION 2. PIVOT 1/4 TURN - CROSS SHUFFLE - SWAY - SIDE SHUFFLE (03.00)

2-3      Step L forward - Turn 1/4 right on R  
4&5      Cross L over R - Step R to right side - Cross L over R  
6-7      Step/rock R to right side - Recover on L  
8&1      Step R to right side - Step L close to R - Step R to right side

## SECTION 3. (LEFT & RIGHT) CROSS, RECOVER, SIDE - WALK - MAMBO 1/2 TURN (09.00)

2&3      Cross/rock L over R - Recover on R - Step L to left side  
4&5      Cross/rock R over L - Recover on L - Step R to right side  
5-6      Step forward L - R  
8&1      Step/rock L forward - Recover on R - Turn 1/2 left stepping L forward

## SECTION 4. FORWARD LOCKSTEP - (LEFT & RIGHT) SIDE MAMBO - TOGETHER (09.00)

2&3      Step R forward - Step L behind R - Step forward  
4&5      Step/rock L to left side - Recover on R - Step L next to R  
6&7      Step/rock R to right side - Recover on L - Step R next to L  
8      Step L next to R

**REPEAT**

**RESTART AND TAG**

**RESTART: On wall 7, after 16 counts ..**

**Do the dance until 16 counts only, then start wall 8 from the beginning (09.00)**

**TAG: 12 counts tag at the end of wall 8 (06.00)**

1-2&      Long step R to right side - Step L behind R - Cross R over L  
3-4&      Long step L to left side - Step R behind L - Cross L over R  
5-6&      Step R to right side - Recover on L - Step R next to L  
7-8&      Step L to left side - Recover on R - Step L next to R  
9-10      Touch R toe out to right side - Drag and touch R toe next to L  
11-12      Touch R toe out to right side - Hitch R

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