

My Only One – No Hay Nadie Mas

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 2 级数: Improver / Intermediate
编舞者: Montse Garres (ES) & Miguel Angel Sanjuan (ES) - October 2018
音乐: My Only One (No Hay Nadie Más) - Sebastián Yatra & Isabela Merced



Traslation by: Miguel Ángel Sanjuán "Wild West LD & CWD"

Section 1: DIAGONALLY WALK FWD R-L, SHUFFLE R, ROCK FWD L, PIVOT, ½ TURN L, STEP L FWR, ¾ TURN L

- 1 – 2 Walk diagonally step fwd RF, step fwd LF. (1:30)
- 3 – 4 Step fwd RF, step LF next RF, step RF fwd
- 5 – 6 Step LF fwd (Rock), return RF weight swing back
- 7 – 8 Turn ½ turn to the L, turn ¾ full turn to the L (11:30)

Section 2: DIAGONALLY WALK FWD L-R, SHUFFLE L, ROCK FWD R, PIVOT, ½ TURN R, ¼ TURN R, STEP L FWD

- 9 – 10 Walk diagonally step fwd LF, step fwd RF. (11:30)
- 11 – 12 Step fwd LF, step RF along LF, step LF fwd
- 13 – 14 Step RF fwd (Rock), return weight LF swing back
- 15 – 16 ½ turn to the R & turn ¼ turn to the R, step fwd to the L (6:00)

RESTART: 5th WALL

Section 3: WALK FWD R-L, ROCK PIVOT INTO BODYROLL R, ½ TURN R, FULL TURN R, SHUFFLE R

- 17 – 18 Step fwd RF, step fwd LF
- 19 – 20 Step fwd LF, step fwd RF & perform body movement from top to bottom (bodyroll).
- 21 – 22 ½ turn to the R, turn entire turn to the R
- 23 – 24 Step fwd RF, step LF next RF, step fwd RF

Section 4: ROCK PIVOT L, ½ TURN L STEP FWD L, SWEEP (Low) R TO L, STEP SIDE L TO L, HIP SWAYS (BUMB)

- 25 – 26 Step fwd LF (Rock), return the LF weight
- 27 Turn ½ turn to the L, step fwd to the L,
- 28 & 29 Sweep RF and cross in front LF (2 times).
- 30 Step LF to L
- 31 – 32 Rocking to the R, shifting the weight on the RF, swinging the weight on the LF.

Start again, Enjoy & Have Fun!!!!

RESTART: (After 16 counts wall 5th.)

Contact:

wildwest.svh@gmail.com

miquel.sanjuan@wildwestlinedancecountry.com

montse.garres@wildwestlinedancecountry.com

Web: <http://wildwestlinedancecountry.blogspot.com.es/>

Facebook:

<https://www.facebook.com/Wild-West-Line-dance-Country-Western-Dance-Spain-235643639859985/?ref=hl>

Youtube Channel: <https://www.youtube.com/channel/UCI-dy7Qrz7Y4DxEueLxDQxQ>

Tel.- +34 652760976 – +34 636277945

Descarga Música / Download Music:

English Version: <https://1drv.ms/u/s!Ar8EA8FYpOQQgTY3-Mtl4s4ej78D>

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