

You Are The Only One

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Melvin Tan (MY) - October 2018
音乐: Only You In My Heart (我的心里只有你没有他) - Tiger Huang (黄小琥)



Dance Start after intro 80 counts

SOD: 64 48 28 64 48 60&1

Intro 80 counts

iSection 1&2:

1 2 3 4 Put Right Hand on Chest, Touch RF to R (我的心里。。)
5 6 7 8 Point Right Finger forward (只有你。。)
1 - 8 Slowly Roll Right Wrist from Up to Down, RF Slowly Slice In (没有他。。)

iSection 3&4:

1 2 3 4 Point Left Finger Forward, Touch LF to L (你要相信。。)
5 6 7 8 Put Left Hand on Chest (我的情意。。)
1 - 8 Slowly Roll Left Wrist from Up to Down, LF Slowly Slice In (并不假。。)

iSection 5&6:

1 2 3 4 Step RF Forward, Hold (只有你才。。)
5 6 7 8 Pivot 1/2L Turn, Hold (是我梦想。。)
1 2 3 4 Step RF Forward, Hold (只有你才。。)
5 6 7 8 Pivot 1/2L Turn, Hold (叫我牵挂。。)

iSection 7:

1 2 3 4 Step RF next to LF, Step LF,RF,LF on spot with hip sway

Hand styling: Roll both wrist on top (我的心里没有。。)

5 6 7 8 Step RF,LF,RF,LF on spot with hip sway

Hand styling: Roll both wrist from up to down (他。。。。)

iSection 8:

1 - 8 Steps on spot on RF,LF,RF,LF.....

iSection 9:

1&2 3&4 Right Mambo, Left Mambo

5&6 7&8 RF Forward Mambo, LF Back Mambo

iSection 10:

1&2 3&4 Right Mambo, Left Mambo

5 6 7 8 Touch RF Forward & Raise Both Hands Up (5), Hold (6, 7, 8)

Dance 64 counts

Section 1: Walk Walk, Forward Cha Cha, Rock Recover, Back Cha Cha

1 2 Forward walk on RF, LF
3 & 4 Forward Shuffle on RF,LF,RF
5 6 Rock LF Forward, Recover on RF
7 & 8 Back Shuffle on LF,RF,LF

Section 2: Side Rock Cross Shuffle x2

1 2 Rock RF to R, Recover on LF
3 & 4 Cross RF over LF, Step LF to L, Cross RF over LF
5 6 Rock LF to L, Recover on RF

7 & 8 Cross LF over RF, Step RF to R, Cross LF over RF

Section 3: Jazz Box Cross, Jazz Box ¼ Turn

1 2 3 4 Cross RF Over LF, Step LF Back, Step RF to R, Cross LF Over RF

5 6 7 8 Cross RF Over LF, 1/4R Turn Step LF Back, Step RF to R, Cross LF Over RF(3:00)

Section 4: Step Touch 2x, Touch, Body Roll

1 2 3 4 Step RF to R, Touch LF next to RF, Step LF to L, Touch RF next to LF

5 6 7 8 Touch RF Forward(5), Body Roll (6,7, 8) (3:00)

Section 5: ½ Turn Forward Cha Cha x2, Mambo Touch

1 2 Step on RF, ½ Turn Right, (9:00)

3 & 4 Forward Shuffle on RF,LF,RF

5 & 6 Forward Shuffle on LF,RF,LF

7 & 8 Step RF Forward, Recover on LF, Touch RF next to LF (9:00)

Section 6: R Side Chasse, Rock Back, L Side Chasse, Rock Back

1 & 2 Right Side Chasse on RF, LF, RF

3 4 Rock LF Back, Recover on RF

5 & 6 Left Side Chasse on LF,RF,LF

7 8 Rock RF Back, Recover on LF (9:00)

Section 7: 1/4L Turn Cross Shuffle, 3/4R Turn Forward Shuffle

1 2 Step RF Forward, 1/4L Turn, (6:00)

3 & 4 Cross RF over LF, Step LF to L, Cross RF over LF

5 6 1/4R Turn Step LF Back, 1/2R Turn Step RF Forward (3:00)

7 & 8 Forward Shuffle on LF,RF,LF (3:00)

Section 8: Step Touch Forward, Step Touch Back x2, Kick Ball Touch

1 2 Step RF Forward, Touch LF to L, (3:00)

3 4 Step LF Back, Touch RF to R

5 6 Step RF Back, Touch LF next to RF

7 & 8 Kick LF Forward, Step on ball on LF, Touch RF next to LF (3:00)

***1st Restart at Wall 2 after 48 counts (facing 12:00)**

****2nd Restart at wall 3 after 28 counts (facing 3:00)**

*****3rd Restart at wall 5 after 48 counts (facing 3:00)**

Ending at wall 6 dance to 60 counts (facing 6:00)

+1 count straightly ½ turn to front wall do an ending pose.

ENJOY!

Contact: melvin8888@gmail.com
