

The Only One (La Unica)

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 4 级数: Improver Bachata
编舞者: Wina Malinda (INA) - March 2019
音乐: La Única - Rebecca Kingsley



Intro: 56 Count - 2 Restart

SECTION 1: BASIC BACHATA (RIGHT, LEFT)

- 1-4 Step RF to right side (1), Step LF next to RF (2), Step RF to right side (3), Touch L Toe in place&hip bump
5-8 Step LF to right side (5), Step RF next to LF (6), Step LF to left side (7), Touch R Toe in place&hip bump

SECTION 2: DIAGONAL FORWARD, TOUCH, DROP, TOUCH BESIDE

- 1-4 Step RF forward diagonally right (1), Touch L Toe in place&bump (2), Drop L heel (3), Touch R Toe beside LF (4)
5-8 Step RF back diagonally left (5), Touch L Toe in place&bump (6), Drop L heel (7), Touch R Teo beside LF (8)

SECTION 3: RIGHT GRAPEVINE, TURN ¼ LEFT, PIVOT ¼ TURN LEFT, TOUCH

- 1-4 Step RF to right side (1), Cross LF next to RF (2), Step RF to right side (3), Touch L outside left&bump (4)
5-8 Make ¼ turn left step LF forward (5), Step RF forward (6), Pivot ¼ turn left (7), Touch R Toe beside LF (8)

SECTION 4: RIGHT GRAPEVINE, TURN ¼ LEFT, PIVOT ¼ TURN LEFT, TOUCH

- 1-4 Step RF to right side (1), Cross LF RF (2), Step RF to right side (3), Touch L outside left&bump (4)
5-8 Make ¼ turn left step LF forward (5), Step RF forward (6), Pivot ¼ turn left (7), Touch R Toe beside LF (8)

Restart here on wall 3 & wall 5

SECTION 5: SIDE, TOUCH, NEXT, TOUCH, ¼ RIGHT JAZZ BOX

- 1-4 Step RF slightly to right side (1), Touch L Toe slightly forward (2), Step LF next to RF (3), Touch R Toe slightly forward (4)
5-8 Cross RF over LF (5), Make ¼ turn left step LF back (6), Step RF to right side (7), Step LF forward (8)

SECTION 6: NEXT, TOUCH, NEXT, TOUCH, ¼ RIGHT JAZZ BOX

- 1-4 Step RF next to LF (1), Touch L Toe slightly forward (2), Step LF next to RF (3), Touch R Toe slightly forward (4)
5-8 Cross RF over LF (5), Make ¼ turn left step LF back (6), Step RF to right side (7), Step LF forward (8)

SECTION 7: DIAGONAL SWAY

- 1-2 Step RF forward diagonally right&sway (1), Sway L back (2)
3&4 Sway R forward (3), Sway L back (&), Sway R forward (4)
5-6 Step LF forward diagonally left&sway (1), Sway R back (2)
7&8 Sway L forward (3), Sway R back (&), Sway L forward (4)

SECTION 8: WALK FORWARD (RIGHT, LEFT, RIGHT), TOUCH, BACK, TURN ¼ RIGHTM SIDE, TOUCH

- 1-4 Walk forward RF (1), LF (2), RF (3), Touch L Toe in place&bump (4)

5-8 Step LF back (5), Make $\frac{1}{4}$ turn right step RF to right side (6), Step LF to left side (7), Touch R
Toe beside LF (8)

Enjoy the dance & Have Fun!

Restart during wall 3 & wall 5 after 32 counts

For more information about this dance please contact me at: ra.winamalinda5@gmail.com
