

I'm the ONLY One

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Easy Intermediate
编舞者: Karen Tripp (CAN) - April 2019
音乐: I'm the Only One (Edit) - Melissa Etheridge : (Album: Greatest Hits, the Road Less Travelled - Amazon, iTunes - 4:17)



Wait 32 counts from start of track, start on lyrics, No Tags Or Restarts

(S1) R FWD-LOCK, R FWD-LOCK, R FWD, L CROSS, BACK 2 (R,L), R KICK-BALL-POINT

1a2a Step forward on right, lock left behind, step forward on right, lock left behind
3-4 Step forward on right, cross left over right
5-6 Step back on right, step back on left
7a8 Kick right forward, step right next to left, point left to side

(S2) L SYNCOPATED FRONT WEAVE, R CIRCLE WALK ¾ WITH KNEE POPS (9:00)

1a2a3a4 Cross left over right (1), step side on right (a), cross left behind (2), step side on right (a), cross left over right (3), step side on right (a), cross left behind right (4)
5-8 Turning right travelling in an arc for three walls, step right forward as you bend left knee, step left forward as you bend right knee, repeat with right, repeat with left (9:00)

(S3) R CROSS ROCK, REC, R SIDE SHUFFLE, L CROSS ROCK, REC, L SHUFFLE ¼ L (6:00)

1-2, 3a4 Cross right over left, recover to left, shuffle to right side R, L, R
5-6, 7a8 Cross left over right, recover to right, step side on left, close right next to left, turn ¼ L and forward on left (6:00)

(S4) R KICK-BALL-PLACE, DOUBLE HEEL BOUNCE, BACK 2 (L,R), L COASTER

1a2 Kick right forward, step right next to left, touch left toe forward
3a4 Bend both knees, raise both heels up, lower heels, raise heels up, lower heels (weight to right)
5-6 Step back on left, step back on right
7a8 Step back on left, close right next to left, step forward on left

(S5) R CROSS, L BACK, R SHUFFLE TURNING ½ R, L ROCKING CHAIR (12:00)

1-2 Cross right over left, step back on left
3a4 Turn ¼ right and step on right, close left next to right, turn ¼ right and step on right
5-8 Rock forward on left, recover weight to right, rock back on left, recover weight to right (12:00)
(5-8 turning option: L Step, R Turn ½ R, L Step, R Turn ½ R)

(S6) L CROSS, R BACK, L SHUFFLE TURNING ½ L, R ROCKING CHAIR (6:00)

1-2 Cross left over right, step back on right
3a4 Turn ¼ left and step on left, close right next to left, turn ¼ left and step on left
5-8 Rock forward on right, recover weight to left, rock back on right, recover weight to left (6:00)
(5-8 turning option: R Step, L Turn ½ L, R Step, L Turn ½ L)

ENDING: Last repetition starts facing 12:00. Dance counts 1-16 as written.

Then do Cross Rock, Recover, Side Shuffle all twice (with no turn), Kick-Ball-Place and Double Heel Bounce.

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