

My Only One

COPPER **KNOB**
BYEPOSTETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Andrico Yusran (INA) - December 2019
音乐: My Only One (No Hay Nadie Más) - Sebastián Yatra & Isabela Merced



Restart : On wall 5 after 16 counts

Start Dance after music intro 32 counts

S1# LOCK SHUFFLE - SPIRAL 3/4 TURN - LOCK SHUFFLE - FORWARD ROCK

1&2 Step R forward , L lock behind R , R forward
3-4 Step L forward , R back touch behind 3/4 turn to R (9.00)
5&6 Step R forward , L lock behind R , R forward
7-8 Step L forward , R recover

S2# BACK - BACK SWEEP - CROSS - SIDE - CROSS (SWEEP) - CROSS - SIDE - 1/2 TURN - SIDE - CLOSE - FORWARD

1-2 Step L back , R sweep back
3&4 Step R cross behind L , L side , R cross over L with L sweep forward
5-6 Step L cross over R , Making 1/2 turn to L
7&8 Step L to side , R close beside L , L forward

(Restart here on 5)

S3# SIDE - CROSS - SIDE - BACK LOCK 1/8 - BACK ROCK - FORWARD - CLOSE

1-2-3 Step R to side , L cross over R , R side
4&5 Step L 1/8 back (1.30) , R back cross over L , L back
6-7 R back , L recover
8-& R forward , L close beside R (1.30)

S4# LUNGE - BACK CHASSE 1/8 - PIVOT 3/8 - WALK

1-2 R touch push forward , HOLD (weight on R)
3&4 L side , R close beside L , L 1/8 turn forward (7.30)
5-6 R forward , L in place (3.00)
7-8 Walk R - L forward

Enjoy The Dance

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