

# My One and Only One

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Absolute Beginner  
编舞者: Larry Bass (USA) - April 2022  
音乐: You Are The Only One - Ricky Nelson



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## **RUMBA BOX FORWARD, TOUCH; RUMBA BOX BACK, TOUCH**

1-4      Step R to right; Step L beside R; Step R forward; Touch L beside R  
5-8      Step L to left; Step R beside L; Step L back; Touch R beside L

## **SIDE, TOGETHER, SIDE, HOLD; CROSSOVER ROCK STEP, SIDE, HOLD**

1-4      Step R to right; Step L beside R; Step R to right; Hold  
5-8      Rock L across R; Recover back to R; Step L to left; Hold

## **CROSS, SIDE, BEHIND, SWEEP; BEHIND, SIDE, CROSS, SWEEP**

1-4      Step R across; Step L to left; Step R behind L; Sweep L from front to back  
5-8      Step L behind R; Step R to right; Step L across R; Sweep R from back to front

## **CROSS, BACK, ¼ TURN STEP, SIDE, SWEEP; CROSS, BACK, SIDE, TOUCH**

1-4      Step R across L; Step L back; Make a ¼ turn right & step R to right (3:00); Sweep L over R  
5-8      Step L across R; Step R back; Step L to left; Touch R beside L

**Begin Again**

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