

Only One for Me

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Awanda Erna (INA), Lulu Yahya (INA), Budi Satrio (INA) & Ria Lolong (INA) -
October 2022
音乐: Only One For Me - Takanori Iwata



Start on Vocals.

NO tags

3 RESTARTS: on wall 2 & wall 6 after 16 counts (facing 12:00), on wall 4 after 8 counts (facing 12:00)

Section 1: KICK & SIDE TOUCH X2, DRAG RF, TOGETHER TOUCH, ¼ PIVOT L

1&2 Kick RF fwd (1), Step RF in place (&), Touch LF to L side while bending R knee (2)
3&4 Kick LF fwd (3), Step LF in place (&), Touch RF to R side while bending L knee (4)
5-6 Drag RF towards LF (5), Touch RF beside LF (6)
7-8 Step RF fwd (7), ¼ Turn L change body weight to LF (8) 9:00

☆ RESTART Here on Wall 4 after 8 counts facing 12:00

Section 2: BOTAFOGO R-L, ½ Pivot L X2

1&2 Step RF across LF (1), Rock LF to L side (&), Recover onto RF (2)
3&4 Step LF across RF (3), Rock RF to R side (&), Recover onto LF (4)
5-6 Step RF fwd (5), ½ Turn L move body weight to LF (6) 3:00
7-8 Step RF fwd (7), ½ Turn L move body weight to LF (8) 9:00

☆ RESTART Here on Wall 2 & Wall 6 after 16 counts facing 12:00

Section 3: RUN FWD R-L-R, FWD MAMBO, RUN BWD R-L-R, BWD MAMBO

1&2 Run fwd R-L-R (1&2)
3&4 Rock LF fwd (3), Recover on RF (&), Step LF bwd (4)
5&6 Run bwd R-L-R (5&6)
7&8 Rock LF bwd (7), Recover on RF (&), Step LF fwd (8) 9:00

Section 4: ¼ PADDLE L X2, JAZZ BOX

1-2 Step RF fwd (1), ¼ Turn L move bodyweight to LF (2) 6:00
3-4 Step RF fwd (3), ¼ Turn L move bodyweight to LF (4) 3:00
5-8 Cross RF over LF (5), Step LF back (6), Step RF to side (7), Step LF fwd (8) 3:00

Begin again! Enjoy the Dance!

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