

# One And Only

**COPPER** KNOB  
BY STEPHEN MILES

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Chris Peel (UK)  
音乐: One And Only Lover - Heather Myles



Allow 4 bars intro

## **SIDE STEP, TOUCH (RIGHT, THEN LEFT), BACK, FORWARD, FORWARD, BACK**

1-4            Side step right, touch left beside right, side step left, touch right beside left  
5-8            Step right back, rock weight forward onto left, step right forward, rock weight back onto left

## **RIGHT VINE, TOUCH, FORWARD, BACK, ¼ TURN LEFT, TOUCH**

9-12          Side step right, step left behind right, side step right, touch left beside  
13-16         Step left forward, rock weight back onto right, step ¼ turn left, touch right next to left

## **HEEL, TOGETHER, TOE, TOGETHER, POINT, TOGETHER, POINT, TOUCH**

17-20         Touch right heel forward, step right beside left, touch left toe back, step left beside right  
21-24         Point right to side, step right beside left, point left to side, touch left beside right

## **HEEL, TOGETHER, TOE, TOGETHER, POINT, TOGETHER, POINT, TOUCH**

25-28         Touch left heel forward, step left beside right, touch right toe back, step right beside left  
29-32         Point left to side, step left beside right, point right to side, touch right beside left

**Observe slowing down during beats 25-32 on Wall 8 (facing Home at that particular point) and resume start of dance with the new verse**

**REPEAT**

## **OPTIONAL ENDING**

**Track ends on beat 21 during wall 11. Dance up to beat 19 as scripted, then step back ¼ turn left (beat 20), stomp right beside left (beat 21) to face home and hold**