

The One

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Åsa Buhlér
音乐: My Number One - Helena Paparizou



MAMBO RIGHT, MAMBO LEFT, STEP TURN ½ HALF LEFT, RIGHT POINT HITCH CROSS

1&2 Mambo right
3&4 Mambo left
5-6 Step forward right ½ turn left, weight on left
7&8 Point right toe to right side, hitch right knee, cross right foot over left

POINT SWITCHES, UNWIND ¼ RIGHT, MOVING BACK 4 STEPS, POINTING TOES FORWARD

9&10 Point left toe to left side, step left foot together, point right toe to right side
11-12 Put right foot behind left, unwind ¼ right, weight on right
13-14 Left foot back and point right toe forward, right foot back and point left toe forward
15-16 Repeat 13-14

LEFT FORWARD, TOE STRUT WITH ½ TURN LEFT, ½ TURN LEFT ENDING WITH POINTING LEFT TOE FORWARD, CROSS SIDE, LEFT SAILOR STEP

17-18 Step forward left, point right toe forward
19-20 ½ Turn left, put right heel down, left ½ turn, weight on right point left toe forward
21-22 Left cross over right, step right to right side
23&24 Left foot behind right, right foot on spot, left foot to left side

BODY ROLLS TO BOTH SIDES, WALKS FORWARD WITH SHIMMY, FULL TURN LEFT

25&26 Body roll to the left
27&28 Body roll to the right
29-30 Step right forward with shimmy, step left forward with shimmy
31-32 Full turn on left to the left (pirouette) ending on left foot

Option for 31-32: you can make a paddle turn on 2 counts, ending on left foot

Options for 25-28: you can do hip bumps with attitude

REPEAT
