

# The One

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Nina McMullan (N.IRE)  
音乐: Here (In Your Arms) - Hellogoodbye



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## RIGHT STEP, LEFT TOUCH, AND RIGHT HEEL, AND STEP LEFT, RIGHT KICK BALL CHANGE TWICE

1-2      Step right forward, touch left toe together  
&3      Step left together, touch right heel forward  
&4      Step right together, step left forward  
5&6      Kick right forward, step right together, step left in place  
7&8      Kick right forward, step right together, step left in place

## RIGHT SIDE ROCK, CROSS SHUFFLE, FULL TURN RIGHT STEPPING LEFT, RIGHT, LEFT, RIGHT

1-2      Rock right to side, recover onto left  
3&4      Cross right over left, step left to side, cross right over left  
5-6      Turn  $\frac{1}{4}$  left and step left forward, turn  $\frac{1}{2}$  left and step right back  
7-8      Turn  $\frac{1}{4}$  left and step left to side, step right together

## LEFT SIDE ROCK, CROSS SHUFFLE, STEP RIGHT, LEFT TOUCH, LEFT KICK BALL CHANGE

1-2      Rock left to side, recover onto right  
3&4      Cross left over right, step right to side, cross left over right  
5-6      Step right to side, touch left together  
7&8      Kick left forward, step left together, step right together

## STEP LEFT, RIGHT TOUCH, RIGHT KICK BALL CHANGE, RIGHT ROCK FORWARD, $\frac{1}{2}$ STEP LEFT

1-2      Step left to side, touch right together  
3&4      Kick right forward, step right together, step left in place  
5-6      Rock right forward, recover onto left  
7-8      Turn  $\frac{1}{2}$  right and step right forward, step left forward

## REPEAT

Thank you to my Brother Gavin and Siobhan for giving me the music. Congratulations on your engagement,  
This dance is for you, xx

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