

The Only One

COPPER KNOB
BY STEPHEN BRETTS

拍数: 56 墙数: 2 级数: Advanced
编舞者: Brett Jenkins (AUS)
音乐: Maybe Not Tonight - Sammy Kershaw & Lorrie Morgan



- 1&2 Forward coaster (step left foot forward, step right next to left, step back on the left), drag right foot back to meet left
- 3&4 Back coaster (step right foot back, step left next to right, step forward on the right), drag left foot forward to meet right
- 5 Step left foot in front of right, sweep right foot forward in a circular motion
- 6 Step right foot in front of left, sweep left foot forward in a circular motion
- 7&8 Left sailor with a $\frac{1}{4}$ turn left (step left across in front of right, step right foot back while making a $\frac{1}{4}$ turn left, step left to the left side)
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- 1&2& Step right foot in front of left, step left to the left side, step right foot behind left, step left to the left side
- 3-4 Step right to the right side, drag left foot to meet right and put weight on the left foot
- &5-6 Step right foot to right side, step left foot to left side, step weight on the right foot and drag left foot to meet right
- 7&8 Left sailor step (step left behind right, step right to the right side, step left to the left side)
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- 1-2& Rock right out to right side, rock weight onto left, step right next to left
- 3-4& Rock left out to left side, rock weight onto right, step left next to right
- 5-6& Rock forward onto right, rock back onto left, step right next to left
- 7-8 Touch left toe back, make a $\frac{1}{2}$ turn left on the balls of both feet ending with weight on right.
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- 1-2 Step left foot back and sweep right foot back in a circular motion, repeat with right foot
- 3&4 Left sailor step (step left behind right, step right to the right side, step left to the left side)
- 5-6& Step right foot in front of left, rock left out to left side, rock weight onto right foot
- 7&8 Step left foot in front of right, step right foot to the side, step left foot in front of right
- Restart occurs after the previous 7&8 counts on the 3rd wall, by adding an extra & count. On this count you must step the right foot forward, while making a $\frac{1}{4}$ turn right. Then start the dance again.**
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- 1-2 Step right foot to right side, $\frac{1}{2}$ hinge turn left ($\frac{1}{2}$ turn left on right foot) stepping down on left foot
- &3-4 Step right foot in front of left, rock left foot to left side, rock weight onto right foot
- &5-6& Step left foot in front of right, rock right foot to right side, rock weight onto left foot, step right foot in front of left
- 7-8 Rock left foot to left side, rock onto the right foot and $\frac{1}{2}$ hinge turn left ($\frac{1}{2}$ turn left on right foot)
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- &1-2& Step left foot down, step right foot in front of left, step left foot to left side, step right foot in front of left
- 3-4 Step left foot to left side while making a $\frac{1}{4}$ right, step back on right foot
- 5&6& Coaster back (step left foot back, step right foot next to left, step left foot forward), step right foot next to left
- 7-8& Step left forward, $\frac{1}{2}$ pivot turn right ending with weight on right, step left next to right.
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- 1-2& Step right forward, $\frac{1}{2}$ pivot turn left ending with weight on left, step right next to left
- 3-4 Step left forward, $\frac{1}{2}$ pivot turn right ending with weight on right
- 5&6 Make a 1 & $\frac{1}{2}$ turn back stepping left, right, left (turning to the left)
- 7-8 Step forward right, touch left beside right

REPEAT

RESTART

On the 3rd wall, there is a restart by adding an extra & count. On this count, you must step the right foot forward, while making a $\frac{1}{4}$ turn right. Then start the dance again.
