

The Only One

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Ron Kline (USA)
音乐: I Am The Only One - Melissa Etheridge



BACK, BACK, ROCK AND STEP, RIGHT SAILOR STEP, ROCK STEP

- 1-2 Step (slide) back left, right
3&4 Rock on ball of left behind right heel, recover weight right, step diagonally forward left
5&6 Cross step right behind left, step side on ball of left, step forward right
7-8 Rock forward left, recover weight back on right

BACK, TURN BACK, COASTER TURN, SIDE TOGETHER CROSS, WIDE SIDE, TURN SIDE

- 1-2 Step back left, turning $\frac{1}{4}$ left and pushing off with left step back right (9:00)
3&4 Step back on ball of left, step on ball of right next to left, step forward left turning foot $\frac{1}{4}$ left with the step (6:00)
5&6 Step wide side right, step left next to right, cross step right over left
7-8 Step wide side left prepping heel left, turning $\frac{1}{2}$ right step side right keeping body angled left (10:00)

STEP, LOCK, ROLLING TRIPLE, VARIATED JAZZ BOX

- 1-2 Maintaining angle and traveling towards 9:00 step forward left, lock step right behind and left of left
3&4 Small step forward left turning slightly left to face 9:00, turning $\frac{1}{4}$ left small step side right (6:00), turning $\frac{1}{2}$ left large step side left (12:00)
5-8 Cross step right over left, step back left, large step side right, step forward left

WALK FORWARD, ROCK AND STEP, TRIPLE BACK, TURN STEP, KNEE IN

- 1-2 Walk forward right, left
3&4 Rock on ball of right behind and left of left angling body slightly right, recover weight left, step back right straightening body (12:00)
5&6 Triple back left, right, left angling slightly left
7-8 Turning $\frac{1}{4}$ right plus a little step side right, keeping left toe in place bring left knee in (3:00)

AND STEP, TURN STEP, TRIPLE BACK, COASTER STEP, WALK FORWARD

- &1-2 Turning $\frac{1}{4}$ left step down on left (12:00), step forward right, turning $\frac{1}{2}$ right step back left (6:00)
3&4 Triple back right, left, right angling slightly right
5&6 Swinging leg out slightly and straightening body step back on ball of left, step on ball of right next to left, step forward left
7-8 Walk forward right, left

CROSSING TRIPLE IN PLACE, TRIPLE IN PLACE (WITH TURN), TURNING SAILOR STEP, ROCK STEP

- 1&2 Cross step right over left, step left in place, cross step right over left
These steps did not move left but stayed in place starting a $\frac{1}{4}$ turn right
3&4 Finishing the $\frac{1}{4}$ turn right triple in place left, right, left (moving side left slightly 9:00)
5&6 Swinging right leg around and turning $\frac{1}{2}$ right step right behind left, step left in place, step forward right (3:00)
7-8 Rock forward left, recover weight back on right

REPEAT