

# 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**