

I'm The One

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Dee Musk (UK)
音乐: I Could Be the One - Stacie Orrico



BACK ROCK, RIGHT LOCK STEP, TOUCH, KICK, BEHIND SIDE CROSS

1-2 Rock back on right. Recover weight to left
3&4 Step forward on right, lock left behind right, step forward on right
5-6 Touch left toe beside right, bending right knee in. Kick left to left diagonal
7&8 Cross left behind right, step right to side, cross left over right

¼ TURN LEFT, ¼ TURN LEFT, LOCK STEP, TOUCH, BACK TOGETHER CROSS, ¼ TURN RIGHT

1-2 Make a ¼ left stepping right back, make a ¼ turn left stepping left forward
3&4 Step forward on right, lock left behind right, step forward on right
5-6&7 Touch left toe forward, step back on left, step right beside left, cross left over right
8 Make a ¼ turn right (weight ends on left)

Restart from here on wall 6 (facing 12:00)

CROSSING TOE STRUTS WITH CLICKS, ROCK RECOVER, ROCK ½ TURN LEFT

1-2 Slightly cross right toe in front of left, drop right heel. (clicks optional)
3-4 Slightly cross left toe in front of right, drop left heel. (clicks optional)
5-6 Rock forward on right, recover weight back to left
7-8 Rock forward on right, make a ½ turn left, weight on left

CROSS POINT, CROSS POINT, BALL WALK, WALK, FORWARD LOCK STEP

1-2 Cross right over left, point left toe to left side
3-4 Cross left over right, point right toe to right side
&5-6 Step back on right, walk forward left, walk forward right
7&8 Step forward on left, lock right behind left, step forward on left

8-count tag goes here on wall 2 (facing 9:00)

½ TURN LEFT, FORWARD LOCK STEP, FULL TURN RIGHT, TOGETHER, STEP FORWARD DRAG TOUCH

1-2 Step forward on right and make a ½ turn left. (weight ends on left)
3&4 Step forward on right, lock left behind right, step forward on right
5-6 Traveling forward, make a ½ turn right stepping left foot back, make a ½ turn right stepping right foot forward
&7-8 Step left beside right, step a large step forward on right, drag left and touch beside right

ROLL LEFT KNEE OUT, ROLL RIGHT KNEE OUT, TAP TAP STEP, CROSS SIDE, KICK BALL CROSS

1-2 Roll left knee out to the left, roll right knee out to the right
3&4 Tap left toe beside right, tap left toe out slightly further, step left to left side
5-6 Cross right over left, step left to left side
7&8 Kick right slightly to right diagonal, step right beside left, cross left over right

HIP BUMPS WITH ¼ TURN RIGHT, HIPS BUMPS, BACK ROCK SIDE, BEHIND SIDE CROSS

1&2 Bump hip right, left, make a ¼ turn right while bumping hip right. (weight ends forward on right)
3&4 Stepping left to left side bump hip left, right, left
5&6 Cross rock right behind left, recover weight to left, step right to right side
7&8 Cross left behind right, step right to right side, cross left over right

POINT MONTEREY ½ TURN RIGHT, SIDE ROCK & STEP, ROCK RECOVER, BACK BACK, HIP BUMP WITH KNEE POP

- 1-2 Point right to the side, make a ½ turn right, stepping right beside left
3&4 Rock left to left side, recover weight to right, step forward on left
5-6 Rock forward on right, recover weight to left
&7-8 Step back right, step back left, bump left hip to left side as you pop right knee in

Option: look left, when bumping left hip

REPEAT

TAG

Danced after count 32 on 2nd wall (facing 9:00)

CROSS POINT, BEHIND POINT, HIP ROLL OR BUMP TO THE LEFT

- 1-2 Cross right over left, point left to left side
3-4 Cross left behind right, point right to right side
5-8 Roll or bump hips to the left over 4 counts, weight ending on left (use your own styling for these 4 counts)

RESTART

Restart after count 16 on 6th wall (facing 12:00)
