

My Only One

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Gaye Teather (UK) - November 2010
音乐: She Was My Only One - Fools Gold



16 count intro)

Track available as free download from <http://www.freewebs.com/pwtracks/> Or www.gayeteather.com

Dance travels in CW direction

Step. Tap. Step. Pivot quarter turn Right. Weave Quarter turn Right

1 – 4 Step forward on Right. Tap Left beside Right Step forward on Left. Pivot quarter turn Right
5 – 6 Cross Left over Right. Step Right to Right side
7 – 8 Cross Left behind Right. Quarter turn Right stepping forward on Right (6 o'clock)

Step. Tap. Step. Pivot quarter turn Left. Weave quarter turn Left

1 – 2 Step forward on Left. Tap Right beside Left. Step forward on Right. Pivot quarter turn Left
5 – 6 Cross Right over Left. Step Left to Left side
7 – 8 Cross Right behind Left. Quarter turn Left stepping forward on Left (12 o'clock)

Right rocking chair. Step. Pivot half turn Left. Shuffle forward

1 – 4 Rock forward on Right. Recover onto Left. Rock back on Right. Recover onto Left

Note: Angle body and sway hips forward and back on the above 4 steps

5 – 6 Step forward on Right. Pivot half turn Left (6 o'clock)
7&8 Step forward on Right. Step Left beside Right. Step forward on Right

Left rocking chair. Step. Pivot quarter turn Right. Cross shuffle

1 – 4 Rock forward on Left. Recover onto Right. Rock back on Left. Recover onto Right

Note: Angle body and sway hips forward and back on the above 4 counts

5 – 6 Step forward on Left. Pivot quarter turn Right (9 o'clock)
7&8 Cross Left over Right. Step Right to Right side. Cross Left over Right

Modified Rumba box

1 – 4 Step Right to Right side. Step Left beside Right. Step forward on Right. Touch Left beside Right
5 – 8 Step Left to Left side. Step Right beside Left. Step back on Left. Step back on Right

Back rock. Half turn Right. Back rock. Half turn Left. Quarter turn Left. Touch

1 – 3 Rock back on Left. Recover onto Right. Half turn Right stepping back on Left (3 o'clock)
4 – 6 Rock back on Right. Recover onto Left. Half turn Left stepping back on Right (9 o'clock)
7 – 8 Quarter turn Left stepping Left to Left side. Touch Right beside Left (6 o'clock)

Side Right. Touch. Side Left. Touch. Full rolling turn Right. Touch

1 – 2 Step Right to Right side swaying hips Right. Touch Left beside Right
3 – 4 Step Left to Left side swaying hips Left. Touch Right beside Left
5 – 6 Quarter turn Right stepping forward on Right. Half turn Right stepping back on Left
7 – 8 Quarter turn Right stepping Right to Right side. Touch Left beside Right (6 o'clock)

Steps 5 – 8 can be replaced with a vine Right. Touch

Side Left. Touch. Side Right. Touch. Side. Behind. Quarter turn Left shuffle

1 – 2 Step Left to Left side swaying hips Left. Touch Right beside Left
3 – 4 Step Right to Right side swaying hips Right. Touch Left beside Right
5 – 6 Step Left to Left side. Cross Right behind Left

7&8 Quarter turn Left stepping forward on Left. Step Right beside Left. Step forward on Left (3 o'clock)

Start again

***Tags: Add the following 4 count tag at the end of walls 3 (Facing 9 o'clock) and 6 (Facing 6 o'clock)**

Step. Pivot half turn Left x 2

1 – 4 Step forward on Right. Pivot half turn Left. Step forward on Right. Pivot half turn Left
