

You're The One!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: David Rawsky (USA) - March 2011
音乐: The Way You Make Me Feel - Michael Jackson : (iTunes)



(Step instructions by Earleen Wolford)

Start on vocals, no tags/no restarts,

Other music: Wildflower by The JaneDear Girls, available on Itunes

[1-8] R Kick ball, Step L, Slide R Toe, Touch, Coaster Step, ½ Turn R

1&2 Kick R forward (1), Step R to center (&) Step L slightly big to L (2) (L take wt)
3, 4 Slide R toe slightly close to L (3), Touch R toe next to L (4)
5&6 Step R back (5), Step L next to R (&), Step R forward (6) (R take weight)
7, 8 Step forward on L (7), Make ½ Turn R at same time pivoting on both feet (8) (R takes wt)
(6:00)

[9-16] 3 Touches(heel,toe,toe), Monterey ¼ Turn L, Cross, Step, Coaster Cross ¼ Turn R

9, 10 Touch L heel forward (9), Touch L toe back (10)
11&12 Touch L toe out to L (11), Bring L back to center, pivoting ¼ turn L (&), Point R out to R (12)
13, 14 Cross R over L (13), Step L to L
15&16 Step R back (15), Step L next to R (&), Pivot ¼ turn R crossing R over L (16) (R take wt)
(6:00)

[17-24] Rock L, L Behind Side Cross, Boogie Walks (aka Shorty George)

17, 18 Rock L to L (17), Recover on R (18)
19&20 Step L behind R (19), Step R to R (&), Cross L over R (20) (R take wt)
21&22 Kick R out to R (21), Step R next to L (&), Step L slightly forward (22)
23 Step forward on R (bringing L knee in next to R) (23)
24 Step forward on L (bringing R knee in next to R) (24) (L take wt) (6:00)

Optional: 21-24, you can just walk forward 4 x's/R, L, R, L

[25-32] Hip Bumps, ¾ Spiral Turn L, Body Roll

25,26 Touch R toe forward, bumping R hip up (25), Step down on R as you bump R hip down (26)
27,28 Touch L toe forward, bumping L hip up (27), Step down on L as you bump L hip down (28) (L takes wt)
29,30 Cross R toe of L (29), ¾ Turn L, while pivoting on L (30)
31,32 Roll both your shoulders forward at the same (31), Bring both shoulders back to center, at same time, while rolling both your hips (32) (L takes weight) (9:00)

Optional: 31-32, you can bump hips to L 2 x's.

Begin again!

Enjoy & have fun dancing "You're the One! " Also, please feel free to use other music to do my dance, country or non country will work!

Any questions, please feel free to contact me via email at: drhunting140@yahoo.com