

The Only One

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: It's You Again - Leland Martin : (CD: I Need A Little Home Time)



Intro: 16 counts

R SIDE STEP, CROSS ROCK, RECOVER, L SIDE SHUFFLE, R CROSS STEP, ¼ TURN R (step back), ¼ TURN R SIDE SHUFFLE;

1 RF step to right side
2 LF cross rock LF over RF
3 RF recover back on RF
4 LF step\close to left side
& RF step next LF
5 LF step to left side
6 RF cross step RF over LF
7 LF ¼ turn right, step back (3)
8 RF ¼ turn right, step to right side (6)
& LF step\close next RF
1 RF step to right side

L CROSS ROCK, RECOVER, L SIDE SHUFFLE, R CROSS STEP, ¼ TURN R (step back), 1/2 SHUFFLE TURN R;

2 LF cross rock LF over RF
3 RF recover back on RF
4 LF step to left side
& RF step\close next LF
5 LF step to left side
6 RF cross step RF over LF
7 LF ¼ turn right, step back (9)
8 RF ¼ turn right. Step to right side (12)
& LF step\close next RF
1 RF with ¼ turn right, step forwards (3)

ROCK (fwd), RECOVER, L LOCK STEP (back), 1/4 TURN R ROCK SWAY, RECOVER (with sway), R SIDE SHUFFLE with ¼ TURN R;

2 LF rock forwards
3 RF recover back on RF
4 LF step backwards
& RF RF lock across LF
5 LF step backwards
6 RF ¼ turn right, rock to right side (6) and push hips to right (sway)
7 LF recover back on LF, and push hips to left side (sway)
8 RF step to right side
& LF step\close next RF
1 RF ¼ turn right, step forwards (9)

ROCK (fwd), RECOVER, L LOCK STEP (back), FULL TURN R (2 counts), *R SWEEP into CROSS (behind), L SIDE STEP;

(*prepare for R Sailor step & restart!)

2 LF rock forwards
3 RF recover back on RF

4 LF step backwards
& RF RF lock across LF
5 LF step backwards
6 RF ½ turn right, step forwards (3)
7 LF ½ turn right, step backwards (9)
8 *RF sweep RF behind LF (front to back)
& LF step to left side

1 RF start again (step to right side)

*** on counts 8 & 1 (1 = Restart) of 4th block, prepare for R Sailor step!**

8 RF sweep\cross RF behind LF
& LF step to left side
1 RF step to right side (restart new wall)

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