

# The Only One

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Dan Morrison (CAN) - February 2014  
音乐: The Only One - Bif Naked



**Intro: 16 Counts, Start on Lyrics**

**RESTART: During Wall 4 (3 o'clock), dance first 16 Counts, add a R Hitch (&) then start again.**

## **R Shuffle, Rock-Recover, L Shuffle, Rock-Recover**

1&2      Step R side R (1) Step L beside R (&) Step R side R (2)  
3-4      Rock L behind R (3) Recover onto R (4)  
5&6      Step L side L (5) Step R beside L (&) Step L side L (6)  
7-8      Rock R behind L (7) Recover onto L (8)

## **R Shuffle, 1/2 Pivot, L Shuffle, 1/4 Pivot**

1&2      Step R forward (1) Step L beside R (&) Step R forward (2)  
3-4      Step L forward (3) 1/2 Pivot R, wt on R (4)  
5&6      Step L forward (5) Step R beside L (&) Step L forward (6)  
7-8      Step R forward (7) 1/4 Pivot L, wt on L (8)

**RESTART: During Wall 4 (3 o'clock)**

## **Samba, Cross, Side, 1/4 Sailor, Walk 2x**

1&2      Step R forward (1) Step L side L (&) Step R forward (2)  
3-4      Step L over R (3) Step R side R (4)  
5&6      Step L behind R (5) 1/4 turn L, Step R beside L (&) Step L forward (6)  
7-8      Step R forward (7) Step L forward (8)

## **1/4 Pivot- Cross, Side, Behind, Shuffle, Hitch-Ball-Cross**

1&2      Step R forward (1) 1/4 Pivot L, wt on L (&) Step R over L (2)  
3-4      Step L side L (3) Step R behind L (4)  
5&6      Step L side L (5) Step R beside L (&) Step L side L (6)  
7&8      Hitch R knee across L (7) Step R side R (&) Step L over R (8)

**HAVE FUN AND ENJOY**

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