

# One & One

COPPER KNOB  
STEPPERS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Lars Kuif (NL) - July 2014  
音乐: One & One - Edyta Gorniak



Start after 32 counts (fast beat)

## [1 – 8] R Side Rock, Recover, R Cross Shuffle, Vine L

1 – 2      Rock R to side, recover to L  
3 & 4      Step R across L, step L to side, step R across L  
5 – 8      Step L to side, step R back, step L to side, step R across L {12:00}

## [9 – 16] L Side Rock, Recover, ¼ Sailor Turn L, R Step Fwd., L Point, L Kick-Ball-Point

1 – 2      Rock L to side, recover to R  
3 & 4      ¼ turn L stepping L back, step R to side, step L to side  
5 – 6      Step R fwd., point L to side  
7 & 8      Kick L fwd., step L next to R, point R to side {09:00}

## [17 – 24] R Step Across L, L Step Back, ½ Shuffle Turn R, L Step Fwd., ¼ Turn R, L Cross Shuffle

1 – 2      Step R across L, step L back  
3 & 4      ¼ turn R stepping R to side, step L next to R, ¼ turn R stepping R fwd.  
5 – 6      Step L fwd., ¼ turn R changing weight to R  
7 & 8      Step L across R, step R to side, step L across R {06:00}

## [25 – 32] R Side Rock, Recover, R Step Behind L, ¼ Turn L, L Step Fwd., R Rock Fwd., Recover, R Coaster Step Back

1 – 2      Rock R to side, recover to L  
3 – 4      Step R behind L, ¼ turn L stepping L fwd.  
5 – 6      Rock R fwd., recover to L  
7 & 8      Step R back, step L next to R, step R fwd. {03:00}

## [33 – 40] Figure Of Eight L

1 – 4      Step L to side, step R behind R, □ ¼ turn L stepping L fwd., step R fwd.  
5 – 8      ¾ turn L (weight to L), step R to side, step L behind R, ¼ turn R stepping R fwd. {06:00}

## [41 – 48] L Side Step, Together, L Shuffle Fwd., R Side Step, Together, R Shuffle Fwd.

1 – 2      Step L to side, step R next to L  
3 & 4      Step L fwd., step R next to L, step L fwd.  
5 – 6      Step R to side, step L next to R  
7 & 8      Step R fwd., step L next to R, step R fwd. {06:00}

## [49 – 56] L Rock Fwd., Recover, Sailor Step Back (L + R), L Rock Back, Recover

1 – 2      Rock L fwd., recover to R  
3 & 4      Step L behind R, step R to side, step L to side  
5 & 6      Step R behind L, step L to side, step R to side  
7 – 8      Rock L back, recover to R {06:00}

## [57 – 64] ¼ Turn R, L Side Step, Hold, Together, L Side Step, R Touch, Rolling Vine R, Step L Across R

1 – 2      ¼ turn R stepping L to side, hold  
&3 – 4      Step R next to L, step L to side, touch R next to L  
5 – 7      ¼ turn R stepping R fwd., ½ R stepping L back, ¼ R stepping R to side  
8      Step L across R {09:00}

Begin again and have fun!

Questions: [larskuif@hotmail.com](mailto:larskuif@hotmail.com)

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