

The One

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - April 2015
音樂: You're Still the One - Shania Twain : (Album: Greatest Hits)



Start after 12 count intro – [3mins 14secs – 67 bpm]

[1-8] □ L night club basic, ¼ L, ½ L, R fwd, ¼ L pivot turn, R cross rock/recover, R weave back

- 1-2& Step L side, rock R back, recover weight on L
- 3& Turning ¼ left step R back, turning ½ left step L forward (3 o'clock)
- 4& Step R forward, pivot ¼ left (12 o'clock)
- 5-6& Cross rock R over L, recover weight on L, step R back on left diagonal (angling body right)
- 7& Cross step L over R, step R back (squaring to front wall)
- 8& Step L back on left diagonal, cross step R over L

Steps 6& – 8& travel slightly backwards in your line of dance

WALL 2 & 5 RESTART: Both times facing back wall to begin, dance first 8& counts and then restart the dance

[9-16] □ L back, ¼ R side rock (prep), ¼ L recover, ½ L, ¼ L, R cross step, L scissor, grapevine R

- 1-2& Step L back (squaring to front wall), turning ¼ right rock R side, recover weight on L turning ¼ left (12 o'clock)
- 3&4 Turning ½ left step R back, turning ¼ left step L side, cross step R over L (3 o'clock)
- 5&6 Step L side, step R together, cross step L over R
- 7& Step R side, cross step L behind R
- 8& Step R side, cross step L over R

[17-24] □ R night club basic, L night club basic, ¼ L, R night club basic, ¼ L, ½ L, ½ L

- 1-2& Step R side, rock L back, recover weight on R
- 3-4& Step L side, rock R back, recover weight on L
- 5-6& Turning ¼ left step R side, rock L back, recover weight on R (12 o'clock)
- 7&8 Turning ¼ left step L forward, turning ½ left step R back, turning ½ left step L forward (9 o'clock)

BIG ENDING: Dance up to and including count 24 and bring yourself to face front wall & strike a pose!

[25-32] □ R fwd, L fwd, ½ R pivot turn, prissy walk fwd 2, L rocking chair, L side rock/recover, L behind, ¼ R fwd

- 1-2& Step R forward, step L forward, pivot ½ right (3 o'clock)
- 3-4 Cross walk L forward, cross walk R forward
- 5& Rock L forward, recover weight on R
- 6& Rock L back, recover weight on R
- 7& Rock L side, recover weight on R
- 8& Cross step L behind R, turning ¼ right step R forward (6 o'clock)

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Last Update – 12th May 2015