

# One Love / One Life

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32                      牆數: 2                      級數: Intermediate  
編舞者: Scott Schrank (USA) - July 2015  
音樂: One - Anastacia : (CD: It's A Man's World - iTunes)



Intro:16 Counts (11 Seconds In)□

Phrasing: 2 Restarts after 16 counts, One 4 Count Tag  
(32-32-16-32-32-16-32-32-Tag-32-32 W/Ending)

[1-8]□ROCK, RECOVER, BALL-STEP-PIVOT 1/2, 1/4 SWEEP, BEHIND-SIDE-CROSS, 1/4 SWEEP

1-2&                      Rock step R foot forward (1), Recover weight to L foot (2), Step ball of R foot slightly back (&)  
3-4                      Step L foot forward (3), Pivot 1/2 turn right on balls of feet (4) (Weight the R foot) [6:00]  
5                      Make 1/4 turn right stepping L foot left while sweeping R foot behind L foot (5) [9:00]  
6&7                      Step R foot behind L foot (6), Step L foot left (&), Cross R foot over L foot (7)  
8                      Make 1/4 turn right stepping L foot back while sweeping R foot back (8) [12:00]

[9-16]□ROCK BACK, RECOVER, STEP-PIVOT-CROSS, 1/4 RIGHT, 1/2 RIGHT, CHASSE 1/2 TURN

1-2                      Rock back on R foot (1), Recover weight to L foot (2)  
3&4                      Step R forward (3), Pivot 1/4 turn left on balls of feet (&), Cross R over L (4) [9:00]  
5-6                      Step L foot back while making 1/4 turn right (5), Make 1/2 turn right on ball of L foot stepping  
R foot forward (6) [6:00]  
7&8                      Step L forward (7), Pivot 1/2 turn right on balls of feet (&), Step L forward (8) [12:00]

(Restart here during 3rd and 6th rotations. You will be facing 12:00 both times)

[17-24]□SWEEP, CROSS-BACK-SWEEP, BEHIND-TURN-SIDE, BEHIND-CROSS-SWAY, FLICK

1-2&                      Step R foot forward while sweeping L over R (1), Cross step L foot over R foot (2), Make 1/4  
turn left stepping R foot back (&) [9:00]  
3-4&                      Step back on L foot while sweeping R foot behind L foot (3), Step down on ball of R foot left  
(4), Make 1/4 turn left stepping slightly forward on L foot (&) [6:00]  
5-6&                      Step R foot right (5), Step ball of L behind R foot (6), Cross step R foot over L foot (&)  
7-8                      Step L foot left while swaying hips over L foot (7), Sway hips over R foot while flicking L foot  
behind R foot (8) [6:00]

[25-32]□SIDE-TOGETHER-TURN, MAMBO-1/4 SWEEP, COASTER STEP, PIVOT 1/2 TURN

1&2                      Step L foot left (1), Close R next to L foot (&) Make 1/4 turn left stepping L foot forward (2)  
[3:00]  
3&4                      Rock R foot forward (3), Replace weight to L foot (&), Step R foot back while sweeping L  
foot around making 1/4 turn left (4) [12:00]  
5&6                      Step L foot back (5), Step R foot next L foot (&), Step L foot forward (6)  
7-8                      Step R foot forward (7), Pivot 1/2 turn left on balls of feet (8) [6:00]

**Start the dance again!!**

**TAG: After the 9th rotation of the dance (Including the 2 Restarts) add the following 4 1/2 counts:**

1-2&                      Step R foot forward (1), Lock L foot behind R foot (2), Step R foot forward (&)  
3-4&                      Step L foot forward while sweeping R foot 1/2 turn right (3), Rock R foot back (4), Step L foot  
slightly forward (&) (You will be facing 12:00)

To finish the dance, do a slow turn stretching out the last 2 counts of the dance to face 12:00

Last Update - 6th June 2016