

The One

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Judy Rodgers (USA) - July 2015
音樂: The One - Elton John



#32 count intro □□

Cross turn ¼ turn ¼, sway sway sway, rock recover turn ¼, turn ½ turn ¼

1&2 Cross L over R, turn ¼ left step R back, turn ¼ left step L fwd □□6:00
3&4 Sway R, sway L, sway R
5&6 Cross rock L over R, recover R, turn ¼ left step L fwd □□□3:00
7-8 Turn ½ left step R back, turn ¼ left step L to side □□□6:00

Cross rock turn ¼, mambo step, sweep step (X2), sailor step turn ¼ R

1&2 Cross rock R over L, recover L, turn ¼ right step R fwd □□□9:00
3&4 Rock L fwd, recover R, step L back
5-6 Sweep/step R back, sweep/step L back
7&8 Sweep/step R behind L, turn ¼ right step L to left side, step R to right side 12:00

**** Restart here: Wall 4 Restarts 9:00, and Wall 8 Restarts 6:00 □□**

Ball step, cross rock turn ¼, turn ½ turn ½, turn ¼ side rock cross, turn ¼ turn ¼ cross

&1 Ball step L beside R, step R fwd
2&3 Cross rock L over R, recover R, turn ¼ left step L fwd □□□9:00
4-5 Turn ½ left step R back, turn ½ left step L fwd
6&7 Turn ¼ left rock R to right side, recover L, cross R over L □□□6:00
&8& Turn ¼ right step L back, turn ¼ right step R to side, cross L over R 12:00

Big step drag, ball step cross turn ¼, coaster step, walk walk

1-2 Step R big step to right side, drag L toward R
&3-4 Ball step L beside R, cross R over L, turn ¼ right step L back □□3:00
5&6 Step R back, step L beside R, step R fwd
7-8 Walk L fwd, walk R fwd

There are 2 Restarts, both after 16 counts.

Restarts:

Wall 4 begins facing 9:00.....dance the first 16 counts and Restart facing 9:00

Wall 8 begins facing 6:00.....dance the first 16 counts and Restart facing 6:00