

# One Dance

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Lois Klender (USA) - July 2016  
音樂: One Dance - Little Big Town



**#40 count intro, No Tags or Restarts**

## **STEP-KICK, ROCK-RECOVER (2xs)**

1-2      Step right next to left, kick left forward  
3-4      Rock left back, recover right  
5-6      Step left next to right, kick right forward  
7-8      Rock right back, recover left

## **TRIPLES BACK, V-STEP**

1&2      Triple back: right-left-right  
3&4      Triple back: left-right-left  
5-8      V-Step: step right forward, left forward about shoulder length apart, step right back and step left back next to right

## **STEP RIGHT-PIVOT ¼, HEEL-FLICK, TRIPLE FORWARD, GRIND ¼ TURN**

1-2      Step right forward, pivot ¼ turn left (taking weight on left) 9:00  
3-4      Touch right heel forward, flick right back  
5&6      Triple forward: right-left-right  
7-8      Grind left heel ¼ turn left, weight staying on your right (6:00)

## **TRIPLE BACK, ROCK-RECOVER, STEP FORWARD-DRAG**

1&2      Triple back: left-right-left  
3-4      Rock right back, recover left  
5-6      Step right forward on diagonal, drag left up to right (not taking weight)  
7-8      Step left forward on diagonal, drag right up to left (not taking weight)

**REPEAT!**

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**Last Update - 10th Aug 2016**

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