

# One Woman I Need

COPPER KNOB  
BY SHEETS

拍數: 48      牆數: 2      級數: Improver  
編舞者: Lisa McCammon (USA) - October 2017  
音樂: One Woman I Need (feat. The Texas Horns) - Anson Funderburgh & The  
Rockets : (CD: Which Way Is Texas)



#16 count intro; start with weight on L

Country options:

Dance Off My Blues by Dan Albro; CD Dan Albro & Sons, 112 bpm; 32 count intro (during instrumental)  
or Sun Don't Let Me Down by Keith Urban, CD Ripcord, 112 bpm; 24 count intro

**S1: STEP, TURN RIGHT ½, BACK-LOCK-BACK, BACK ROCK, RECOVER, TRIPLE FORWARD**

1-2            Step forward R, turn right ½ [6] stepping back L  
3&4           Step back R, cross L, step back R  
5-6           Rock back L, recover R  
7&8           Step forward L, close R, step forward L

**S2: STEP, POINT, STEP, POINT; SYNCOPATED JAZZ BOX ¼ RIGHT-CROSS, POINT**

1-4           Step forward R, point L to side, step forward L, point R to side  
5-6           Cross R, step back L  
&            Turn right ¼ [9] stepping R to side  
7-8           Cross L, point R to side

(Repeat the first 8 counts--this always happens facing a side wall.)

**S3: STEP, TURN RIGHT ½, BACK-LOCK-BACK, BACK ROCK, RECOVER, TRIPLE FORWARD**

1-2           Step forward R, turn right ½ [3] stepping back L  
3&4           Step back R, cross L, step back R  
5-6           Rock back L, recover R  
7&8           Step forward L, close R, step forward L

**S4: FORWARD ROCK, RECOVER, SIDE ROCK, RECOVER; SAILOR STEP, COASTER ¼ LEFT**

1-4           Rock forward R, recover L, rock side R, recover L  
5&6           Step R behind, step L to side, step R to side  
7&8           Turn left ¼ [12] stepping back L, close R, step forward L \*\*\*OPTIONAL RESTART

**S5: STEP, TURN LEFT ½, HIP BUMP RLR, HIP BUMP LRL, STEP, TAP**

1-2           Step forward R, turn left ½ [6] (this is your new wall)  
3&4           Stepping R slightly forward, bump hips forward-back-forward, ending weight R  
5&6           Stepping L slightly forward, bump hips forward-back-forward, ending weight L  
7-8           Step forward R, tap L toes at R heel (open slightly to left diagonal)

**S6: BACK, TOUCH, BACK, TOUCH; COASTER STEP, OUT-OUT-IN-IN**

1-4           Step L back to left diagonal, touch R home; step R back to right diagonal, touch L home  
5&6           Squaring to wall, step back L, close R, step forward L  
&7           Step R to side, step L to side  
&8           Step R in, step L in

\*\*\*The Restarts aren't strictly necessary, so less experienced dancers may prefer to dance through six repetitions of 48 counts each, and will end at 12:00. However, dancers more attuned listening while they dance may prefer to restart after 32 counts during the 3rd and 4th repetitions. The short patterns always start and end at 12:00. With the restarts, the dance ends at the front during the 7th repetition after 32 counts. The restarts will bump the difficulty slightly up.

Sequence with Restarts: 16; 48, 48, 32, 32, 48, 48, 32.

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