

# Embrace My One And Only Love

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 1      級數: Phrased High Intermediate  
編舞者: Paul Wong (CAN) - January 2018  
音樂: Bao Jin Yan Qian Ren (抱緊眼前人) - Anita Mui (梅艷芳)



## Sequence: Intro Dance A-A-B-A B-B-A Ending

**Intro Dance (20 counts) \*\*Start to dance after the first 3 notes (so-la-re) of the music**

**Int-1: Side-Together-Side(L-R-L), Behind-Side-Cross Rock(R-L-R), Side-Together-Side(R-L-R)**

1 - 2 - 3      step LF side, step RF next to LF, step LF side  
4 & 5 - 6      step RF behind LF, step LF to left side, rock RF cross over LF (5), recover on LF  
7 - 8 &      step RF side, step LF next to RF, step RF side

**Int-2: L Cross, R Side, Behind-Side-Cross(L-R-L), R Side Rock, Cross-Side-Cross(R-L-R)**

1 - 2      step LF cross over RF, step RF side  
3 - 4 &      step LF behind RF, step RF to right side (4), cross LF over RF (&)  
5 - 6      rock RF side, recover on LF  
7 - 8 &      step RF cross over LF, step LF side (8), step RF cross over LF (&)

**Int-3: L Step side, R Drag, R Step side, L Drag, L Sweep**

1 - 2 - 3 - 4 &      Big step LF side, drag RF to LF, Big step RF side, drag LF to RF, sweep LF fwd (&)

## Main Dance

### Part A (32 counts)

**A1: 1/8 RT L fwd, R fwd Rock, 1/2 RT R fwd, Full RT, L fwd Rock, 1/8 RT L Toe-Cross, 3/4 LT**

1      1/8 turn right (1:30) step LF fwd  
2 & 3      rock RF fwd, recover on LF, 1/2 turn right (7:30) step RF fwd  
4 - 5      full right turn (LF-RF) (7:30)  
6 & 7 &      rock LF fwd, recover on RF with 1/8 turn right (9:00), LF toe touch fwd (7), step LF cross over RF (&)  
8 & 1      3/4 left turn (RF-LF-RF) (12:00)

**A2: Full RT, L fwd and Sway, R fwd Rock, 1/2 RT R fwd, Full RT**

2 - 3      full right turn (LF-RF) (12:00)  
4 & 5      step LF fwd and sway fwd-back-fwd  
6 & 7      rock RF fwd, recover on LF, 1/2 turn right (6:00) step RF fwd  
8 & 1      full right turn (LF-RF-LF) (6:00)

**A3: R Coaster, Sweep/Step L Back, Sweep/Step R Back, L Coaster, R fwd Rock, 1/4 LT R fwd**

2 & 3 &      step RF fwd, step LF next to RF, step RF back (3), sweep LF behind (&)  
4 & 5      step LF back, sweep RF behind (&), step RF back (5)  
6 & 7      step LF back, step RF next to LF, step LF fwd  
8 & 1      rock RF fwd, recover on LF with 1/4 left turn (3:00), step RF fwd

**A4: Full RT, R Kick-ball-point, L Hitch, 1/4 L Chasse Turn, R Cross, L Sweep**

2 & 3 & 4 &      full right turn (LF-RF-LF) (3:00), kick RF fwd (&), step RF ball next to LF (4), point LF out to left side (&)  
5      hitch LF  
6 & 7      1/4 turn left step LF to left side (12:00), step RF next to LF (&), step LF to left side  
8 &      step RF cross over LF, sweep LF fwd (&)

### Part B (32 counts)

**B1: L fwd Cross R point Side, R fwd Cross, L sweep/Cross, R Side, L Behind, R Sweep, R Cross Behind, 1/8**

**LT L Side, R fwd, L fwd Rock, ½ LT L fwd**

- 1 & 2 & step LF cross over RF, point RF out to right side, step RF cross over LF (2), sweep LF fwd (&)  
3 - 4 & 5 step LF cross over RF (3), step RF side, step LF behind, sweep RF behind (5)  
6 & 7 step RF cross behind LF, 1/8 turn left (10:30) step LF side (&), step RF fwd  
8 & 1 rock LF fwd, recover on RF, ½ turn left (4:30) step LF fwd

**B2: Full LT, R fwd Shuffle, L fwd, R fwd Rock 1/8 LT, R Touch-Hitch-Cross**

- 2 - 3 - 4 & 5 full left turn (RF-LF) (4:30), step RF fwd (4), lock LF behind RF, step RF fwd  
6 & 7 step LF fwd, rock RF fwd (&), recover on LF with 1/8 turn left (3:00)  
& 8 & RF touch fwd (&), hitch RF (8), step RF cross over LF (&)

**B3: L Side, R Back Rock Side, Behind-Side-Cross Rock(L-R-L), ¼ LT L fwd, R Cross, L Scissors**

- 1 Big step LF to left side  
2 & 3 rock RF behind LF, recover on LF, step RF to right side  
4 & 5 step LF behind RF, step RF to right side, rock LF cross over RF  
6 & 7 recover on RF, ¼ turn left (12:00) step LF fwd (&), step RF cross over LF  
8 & 1 step LF to left side, step RF together, cross LF over RF

**B4: Pivot ½ LT, R Cross ½ LT, Sweep/Step L Back, Sweep/Step R Back, L Together, R fwd, Diva Walk L-R, L Sweep**

- 2 & a step RF fwd, pivot ½ left turn (6:00), step RF cross over LF (a)  
3 & unwind ½ turn left on ball of RF (12:00), sweep LF behind (&)  
4 & 5 - 6 & step LF back, sweep RF behind (&), step RF back (5), step LF next to RF (6), step RF fwd (&)  
7 - 8 & lift and step LF cross over RF, lift and step RF cross over LF, sweep LF fwd (&)

**Ending \*\*dance slowly with the music beats (dance after wall 7, face 12:00)****(5 counts) Pivot ½ RT X 2, L Cross**

- 1 - 2 - 3 - 4 step LF fwd, pivot ½ turn right (6:00), step LF fwd, pivot ½ turn right (12:00)  
5 cross LF over RF (hold pose until music ends)

**No Tag No Restart**

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**Last Update - 4th Feb. 2018**

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