

You're The One

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 4 級數: Beginner
編舞者: Thomas Haynes (USA) - September 2018
音樂: You're the One - Johnny Rivers



Side together, back, hold,side together forward,hold

1-2- Step right to right side,step left next to right
3-4- Step right back,hold
5-6- Step left to left side,step right next to left,hold
7-8- Step left forward,hold

Side step,step together,side,step,hold,cross rock,recover,step,hold

1-2- Step right to right side,step left next to right
3-4- Step right to right side,hold
5-6- Cross rock left over right,recover right
7-8- Step left to left side,hold

Forward,together,forward,touch,forward,together,forward,touch

1-2- Step forward on right,step left up next to right
3-4- Step right forward,touch left next to right
5-6- Step left forward,step right next to left
7-8- Step left forward,touch right next to left

Walk back,heel tap,walk back,heel tap

1-2- Walk back right,left
3-4- Step back right, keeping ball of left forward tap left heel while bending left knee
5-6- Walk back left,right
7-8- Step back left,keeping ball of right forward,tap right heel while bending right knee

(Restart here on walls 3 and 5)

Side touches step together ,1/4 turn right,side touch

1-2- Touch right to right side,step next to left
3-4- Touch left to left side,step next to right
5-6- Touch right to right side,turning 1/4 turn right step right next to left
7-8- Touch left to left side,touch left next to right

Side step ,together, shoulder drops with hip bumps

1-2- Side step left,step right next to left
3-4- With feet together drop right shoulder while bumping hips right,drop left shoulder while bumping hips left
5-6- With feet together drop right shoulder while bumping hips right,drop left shoulder while bumping hips left
7-8- With feet together drop right shoulder while bumping hips right,drop left shoulder while bumping hips left

Ending....the music will stop, cross right over left do a full slow 8 count turn left. do 4 hip bumps, the start dance from top till finish.

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