

Your One and Only

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 2 級數: Improver
編舞者: Honky Tonk Cliff (UK) - February 2019
音樂: Your One and Only - Jim Devine : (CD: Your One And Only - Single - iTunes)



[1-8] Right Lockstep, Brush, Left Lockstep, Brush, Mambo Step, Run Back L R L, Tap.

1&2& Step forward right, Lock left behind, Step forward right, Brush left from back to front.
3&4& Step forward left, Lock right behind, Step forward left, Brush right from back to front.
5&6 Rock forward right, Recover onto left, Step back on right.
7&8& Run back L R L, Tap.

[1-8] Side, Behind, Side, Tap, Point Out In Out In, Side, Behind, Side, Tap, Point Out In Out In.

1&2& Step right to side, Cross left behind, Step right to side, Tap left at side of right.
3&4& Point left toe out, in, out, in.
5&6& Step left to side, Cross right behind, Step left to side, Tap right at side of left.
7&8& Point right toe out, in, out, in.

[1-8] Step, Tap, Step, Tap, Right Rumba Forward, Step, Tap, Step, Tap, Left Rumba Back.

1&2& Step right to side, Tap left at side, Step left to side, Tap right at side, .
3&4 Step right to side, Close left at side of right, Step right forward.
5&6& Step left to side, Tap right at side, Step right to side, Tap left at side.
7&8 Step left to side, Close right at side, Step back on left.

[1-8] Back Mambo Step, Step, 1/2, Step, V Step, Rocking Chair.

1&2 Rock back on right, Recover onto left, Step forward on right.
3&4 Step left forward, 1/2 pivot, Step.
5&6& Step right forward out, Step left forward out, Step right back in, Step left back in.
7&8& Rock forward on right, Recover onto left, Rock back on right, Recover onto left.

[1-8] Step, 1/2, Rocking Chair, Step 1/2, Rocking Chair.

1-2 Step forward on right, 1/2 turn onto left.
3&4& Rock forward on right, Recover onto left, Rock back on right, Recover onto left.
5-6 Step forward on right, 1/2 turn onto left.
7&8& Rock forward on right, Recover onto left, Rock back on right, Recover onto left..

RESTART 32& COUNTS OF WALLS 2 (12.00) 4 (12.00)

RESTART WALL 6 (6.00 on instrumental)

18& COUNTS ON HANDBAGS THEN RESTART.

ENDING ON WALL 8 (12.00)

DO THE FIRST 8 COUNTS OF THE DANCE

THEN TWO RUNNING LOCK STEPS RIGHT AND LEFT THEN STOMP RIGHT .

[1-4] Step, Lock, Step, Step, Lock, Step, Stomp, .

1&2 Step forward on right, Lock left behind, Step forward on right.
&3& Step left forward, Lock right behind, Step left forward.
4 Stomp right at side of left.