

# One Kingdom

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Advanced, Contemporary Smooth  
編舞者: Jenny Stevenson (UK) & Paul James (UK) - April 2019  
音樂: Kingdom of One - Maren Morris : (iTunes)



Restart 1 – Wall 2. Restart 2 – Wall 4. Restart 3 – Wall 6. Restart 4 – Wall 8.

Tag is at the end of Wall 9.

Count In – 15 counts – \*The dance starts 8&\*

**[1-8] Run B x2, Point, ¼ Turn, ¼ Sweep, Cross, Side, Rock Recover, ½ Turn, Side, Cross.**

8&                    \*Step back R foot (8) Step back L foot (&)  
1,2,3                Point R toe back (1) Make ¼ turn R, weight on R foot (2) Make ¼ turn L sweeping R foot  
                         from back to front (3)  
4&5                  Cross R foot over L (4) Step L foot to L (&) Rock R foot behind L, angle body to face 1:00  
                         \*Styling option – Lift L leg whilst rocking back\* (5)  
6,7                    Recover weight onto L foot (6) Step onto R foot making ½ turn over L shoulder (7)  
8&                    Step L foot to L (8) \*Restart 3 here on Wall 6, Pointing R toe back\* Cross R foot over L (&)

**[9-16] Body Sways, Leg Raise, ¼ Step, ¼ Turn, Cross & Cross, ¼ Turn, ½ Turn.**

1,2&                  Step L to L as you sway body to L (1) Sway body R (2) Sway body L (3)  
3,4                    Sway body R (3) Recover weight onto L foot & lift your R leg up - lateral and small lift (4)  
5&                    Make ¼ turn L stepping R foot forward (5) Make ¼ turn left recovering weight onto L foot (&)  
6&7                    Make ¼ turn R crossing R foot over L (6) Step L foot to L (&) Cross R foot over L (7)

**Restart 2 & 4 here on Walls 4 & 8, Making a step change for count 8 –Step L foot to L side. Start the dance again pointing R toe back on 1.**

8&                    Make ¼ turn L stepping forward on L foot (8) Make ½ turn L stepping back on R foot (&)

**[17-25] ¼ Turn, Rock ¼ Turn, Sweeps x2, Cross & Slow Unwind Spiral ¾, Side, Runs x3 on ¼ Turn/Curve.**

1,2&3                Make ¼ turn L stepping L foot to L (1) Rock R foot behind L (2) Cross L foot over R (&) Make  
                         ¼ turn R stepping forward on R, sweeping L foot from back to front (3)  
4,5,6                Step onto L foot sweeping R foot from back to front (4) Cross R foot over L (5) Slow unwind a  
                         ¾ turn over L shoulder, spiral the L leg (6)  
7                      Step L foot to L side (7)

**\*Restart 1 here on Wall 2 – Run back R,L for 8&**

8&1                    Step R foot forward (8) Make 1/8 turn R stepping L foot forward (&) Make 1/8 turn R stepping  
                         R foot forward (1)

**[26-32] Walk, Step, ¼ Look x2, ¼ Turn Flick, Step, Full Turn with Drag – \*Run B x2.**

2,3                    Walk forward L foot (2) Step R foot forward (3)  
&4                    With the weight on both feet, make ¼ turn L and Twist/Look over L shoulder (&) Twist/Look  
                         over R shoulder (4)  
5,6                    Make ¼ turn L stepping forward on L foot, flicking R foot back (5) Step forward R foot (6)  
7                      Make a full turn over the L shoulder, weight on L foot whilst dragging the R foot around (7)

**\*8& \*Run back R,L to start the dance again (8&)**

**Tag: Sweep, Behind Side, Cross Rock x2, Hitch, Run B x2.**

1,2&                  Step R foot in place sweeping L foot from front to back (1) Cross L foot behind R (2) Step R  
                         foot to R side (&)  
3&4                    Cross rock L foot over R (3) Recover onto R foot (&) Step L foot to L (4)  
&5                    Cross rock R foot over L (&) Recover onto L foot, hitching R knee (5)  
6&                    Run back R,L (6&)

**\*Point R toe back to start the dance again.**

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Happy Dancing

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