

# One Night Only

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Mathew Sinyard (UK) - February 2020  
音樂: One Night Only (Disco Version) - Sharon Leal, Anika Noni Rose & Beyoncé



**Intro: 16 Counts from main beat (Approx.32 seconds).**

## **Section 1: Weave Left Point, Weave Right Point.**

- 1 – 4      Cross right foot in front of left, step left foot to left side, cross right foot behind left, point left foot to left side.  
5 – 8      Cross left foot in front of right, step right foot to right side, cross left foot behind right, point right foot to right side.

## **Section 2: Cross Point, Cross Point, Jazz Box ¼ Right Cross.**

- 1 – 4      Cross right foot in front of left, point left foot to left side, Cross left foot in front of right, point right foot to right side.  
5 – 8      Cross right foot in front of left, make ¼ right stepping back on left foot, step right foot to right side, cross left foot in front of right.

## **Section 3: Side Toe Strut, Rock Back, Recover, Side Toe Strut, Rock Back, Recover.**

- 1 – 4      Step right toe to right side, step down on to right foot, rock left foot behind right, recover on to right foot.  
5 – 8      Step left toe to left side, step down on to left foot, rock right foot behind left, recover on to left foot.

## **Section 4: Rocking Chair, Walk ½ Turn Left.**

- 1 – 4      Rock forward on right foot, recover on to left, rock back on right foot, recover on to left.  
5 – 8      Walk a ½ turn left (like a semi-circle) stepping right, left, right, left.

Enjoy X.

Email: - [mat@inlinewedance.co.uk](mailto:mat@inlinewedance.co.uk) Website:- [inlinewedance.co.uk](http://inlinewedance.co.uk)