

I'm The Only One

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: YoungSoon Song (KOR) & Rex Chuan (USA) - March 2021
音樂: I'm the Only One - Melissa Etheridge



No Tag, No Restart

S1: WALK, WALK, BALL CROSS, FORWARD, ROCK, RECOVER, ROCK BACK, RECOVER, FORWARD

1-2 RF Walk(1), LF Walk(2)
&3-4 RF 1/8 Turn L Ball(10:30)(&), LF Cross Over(3), RF 1/8 Turn R Step Forward(12:00)(4)
5-6 LF Rock Forward(5), RF Recover(6)
7&8 LF Rock Back(7), RF Recover(&), LF Step Forward(8)

S2: ANCHOR STEP, SWIVEL WALK BACKWARDS, COASTER STEP, FORWARD, 3/4 TURN R SAILOR STEP

1&2 Anchor Step RF(1), LF(&), RF (2)
3-4& LF Swivel Back Walking(3), RF Step Backwards(4), LF Together(&)
5-6 RF Step Forward(5), LF Step Forward(6)
7&8 RF 1/4 Turn R Cross Behind(9:00)(7), LF 1/4 Turn R(6:00)(&), RF 1/4 Turn R Step Forward(3:00)(8)

S3: SWEEP BACKWARDS X2, WEAVE, KNEE BOUNCE X2 with 1/4 TURN R

1-2 LF Step Back with RF Sweep Backwards(1), RF Step Back with LF Sweep Backwards(2)
3&4& LF Cross Behind(3), RF Step R(&), LF Cross Over(4), RF Step R(&)
5&6 LF Cross Behind(5), RF Step R(&), LF Step Forward(6)
7-8 Both Knee Bounce with 1/8 Turn R(10:30)(7), Both Knee Bounce with 1/8 Turn R(12:00)(8)

S4: SIDE-TOUCH-BALL-CROSS x2, 1/8 TURN R, TOGETHER, BACK, BACK WITH BODY ROLL, TOUCH

&1&2 RF Small Step R(&), LF Touch Diagonal(10:30)(1), LF Ball(&), RF Cross Over(2)
&3&4 LF 1/8 Turn L Step L(12:00)(&), RF Touch Diagonal(1:30)(3), RF Ball(&), LF Cross Over(4)
&5-6 RF 1/8 Turn R Step Forward(3:00)(&), LF Together(5), RF Step Back(6)
7-8 LF Touch Back with Body Roll(Weight on LF)(7), RF Touch Forward(8)

S5: SWIVEL BACK WALKING X4, CROSS-DIAGONAL BACK-TOGETHER x2

1-2 RF Swivel Back Walking(1), LF Swivel Back Walking(2)
3-4 RF Swivel Back Walking(3), LF Swivel Back Walking(4)
5&6 RF Cross Over(5), LF Diagonal Step Back(&), RF Together(6)
7&8 LF Cross Over(7), RF Diagonal Step Back(&), LF Together(8)

S6: SHUFFLE FORWARD, PIVOT 1/2 TURN R WITH HIP ROLL, FORWARD, 1/4 TURN R STEP FORWARD x3

1&2 RF Step Forward(3:00)(1), LF Cross Behind(&), RF Step Forward(2)
3-4 LF Step Forward(3), Pivot 1/2 Turn R with Hip Roll(9:00)(4)(Weight on LF)
5-6 RF Step Forward(5), LF 1/4 Turn R Step Forward(12:00)(6)
7-8 RF 1/4 Turn R Step Forward(3:00)(7), LF 1/4 Turn R Step Forward(6:00)(8)