

You'll Be The One

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Tina Argyle (UK) - July 2021
音樂: Be The One - Michael Ball : (iTunes etc)



Count In : 8 counts with the heavy drum beat - start approx 20 seconds into the track

Cross Point, Cross Point. Jazz Box Step Fwd.

1-2 Cross R over L, point L to left side
3-4 Cross L over R, point R to right side
5-6 Cross R over L, Step back L
7-8 Step R to right side, Step Fwd. L

Rock Forward, Shuffle Back. Rock Back Walk Forward (or Full Turn)

1-2 Rock forward right, recover weight onto left
3&4 Step back R, close L at side of right, step back R
5-6 Rock back L, recover weight onto R
7-8 Step forward L then R - (or full turn fwd. Over 2 counts turning right)

Step ¼ Turn, Cross Shuffle, Side Rock recover, Cross Shuffle

1-2 Step forward L, make ¼ turn right onto R (3 o'clock)
3&4 Cross L over R, step R to right side, cross L over R
5-6 Rock R to right side recover onto L,
7&8 Cross R over L, step L to left side, cross R over L

Side Behind & Kick & Cross. Side Behind Side Rock Recover.

1-2 Step L to left side, cross R behind L
&3&4 Step L to left side. Kick R to right diagonal, step R down in place, cross L over R
5-6 Step R to right side, cross L behind R
7-8 Rock R to right side, recover weight onto L

ENDING

Final wall on the final step of the dance (R side rock recover) ¼ turn the recover (count 8) to face 12 o'clock then point R to right side.

Thanks to Tony Rouse for bringing the track to my attention

Happy Dancing - have a Ball! Lol