

# My One and Only One

**COPPER KNOB**  
STEPPSHEETS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Larry Bass (USA) - April 2022  
音樂: You Are The Only One - Ricky Nelson



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## RUMBA BOX FORWARD, TOUCH; RUMBA BOX BACK, TOUCH

1-4      Step R to right; Step L beside R; Step R forward; Touch L beside R  
5-8      Step L to left; Step R beside L; Step L back; Touch R beside L

## SIDE, TOGETHER, SIDE, HOLD; CROSSOVER ROCK STEP, SIDE, HOLD

1-4      Step R to right; Step L beside R; Step R to right; Hold  
5-8      Rock L across R; Recover back to R; Step L to left; Hold

## CROSS, SIDE, BEHIND, SWEEP; BEHIND, SIDE, CROSS, SWEEP

1-4      Step R across; Step L to left; Step R behind L; Sweep L from front to back  
5-8      Step L behind R; Step R to right; Step L across R; Sweep R from back to front

## CROSS, BACK, ¼ TURN STEP, SIDE, SWEEP; CROSS, BACK, SIDE, TOUCH

1-4      Step R across L; Step L back; Make a ¼ turn right & step R to right (3:00); Sweep L over R  
5-8      Step L across R; Step R back; Step L to left; Touch R beside L

**Begin Again**

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