

# One My Way

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Marie Louw (SA) - September 2022  
音樂: Send Me On My Way - Rusted Root



**Intro: 32 counts start on vocals**

## **CROSS ROCK, SIDE ROCK, BACK ROCK, SHUFFLE FORWARD**

1-4            Cross R over L, recover on L, Rock to R side, recover on L  
5-6            Rock back on R, recover on L  
7&8           Step R forward, L next to R, step R forward

## **½ PIVOT RIGHT, SHUFFLE FORWARD, TOUCH R TO R SIDE, SWIVEL BALL OF FOOT AND KNEE IN AND OUT, FLICK R**

1-2            Step forward on L ½ pivot to R  
3&4           Step L forward, R next to L, step L forward  
5-8            Touch R ball of R to R side, swivel R foot and knee in and out, flick R up

## **LEFT SIDE BEHIND SIDE, CROSS HEEL, RIGHT SIDE BEHIND SIDE ¼ TURN RIGHT, RIGHT FLICK**

1-4            Step R behind left, step L to left side, step R across L, touch L heel to left side  
5-8            Step L behind R, step R to R side, ¼ turn R, step L to L side, Hitch R

## **STEP TOUCH TO RIGHT AND LEFT SIDE, CROSS RIGHT OVER LEFT, STEP LEFT BACK, ROCK RECOVER TO RIGHT SIDE**

1-4            Step R to R side, touch L next to Right, step L to left side touch R next to L  
5-6            Cross R over L, step back on L  
7-8            Rock to R side, recover on L

**REPEAT**

**Last Update: 24 Sep 2022**

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