

One And Only One

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Matt Jenkins (UK)
音樂: One and Only One - Paul Brandt



RIGHT SHUFFLE FORWARD, LEFT TOE STRUT TWICE

1&2 Right shuffle forward (right, left, right)
3-4 Left toe strut
5&6 Right shuffle forward (right, left, right)
7-8 Left toe strut

DIAGONAL STEP SLIDES BACK WITH CLAPS

9-10 Step diagonally back on left, slide right together and clap
11-12 Step diagonally back on right, slide left together and clap
13-14 Step diagonally back on left, slide right together and clap
15-16 Step diagonally back on right, slide left together and clap

SYNCOPATED CROSS STEPS WITH CLAPS, STEP ½ TURN

17&18 Rock onto left, & step onto right, cross left in front
19 Clap
20&21 Rock onto right, & step onto left, cross right in front
22 Clap
23-24 Step left slightly forward ½ turn

WALK FORWARD RIGHT, LEFT, REPEAT 17-24, STEP RIGHT ½ TURN, JUMP, JUMP

25-26 Walk forward on right, left
27-32 Repeat 17-24
33& Step right slightly forward ½ turn
34& Jump forward on both feet twice
On 34&, walk forward right, left, if you don't want to jump

REPEAT
