

The One For Me (P)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver line/partner dance
編舞者: Kathy Hunyadi (USA)
音樂: From Time to Time - Rascal Flatts



Position: Side by Side (Sweetheart) position, facing LOD

STEP FORWARD, TOUCH, TRIPLE STEP BACK, STEP BACK, TOUCH TRIPLE STEP BACK

1-2 Step forward on right, touch left beside right
3&4 Triple step (shuffle) back at slight angle left (left, right, left)
5-6 Step back at slight angle right, touch left beside right
7&8 Triple step (shuffle) back at slight angle left (left, right, left)

ROCK STEP, TRIPLE STEP, ROCK STEP, COASTER STEP

1-2 Rock back on right, step left in place
3&4 Triple step (shuffle) forward right, left, right (3rd position)
5-6 Rock forward on left, step right in place
7&8 Step left back, step right beside left, step left slightly forward (coaster step)

SIDE TOGETHER, TRIPLE STEP, CROSS ROCK, TRIPLE STEP

1-2 Step side right on right, step left together with right
3&4 Step right to side, step left beside right, step right to side turning toes out slightly
5-6 Step forward and across right foot with left, step right foot in place
7&8 Step side left on left, step right beside left, step left slightly side left

JAZZ BOX WITH ¼ TURN RIGHT, WALK FORWARD RIGHT, LEFT, RIGHT LEFT

1-4 Cross right over left, step back on left, step forward on right turning ¼ to right, step left slightly forward
5-8 Walk forward right, left, right, left (small steps)

REPEAT

PARTNERS VERSION

All footwork is same for men and women and follows the line dance pattern for the first 24 counts. On counts 25-32 (the last 8 counts) the man just walks forward for 8 counts progressing the dance around the floor. The lady has several options on the last 8 counts (with partner's help).

Option 1 (boring):

1-8 Lady also walk forward for 8 counts

Option 2:

1-4 Turn right 2 full turns (lady's outside turn)
5-8 Walk forward for 4 counts

Option 3 (tricky):

1-2 Turn 1 full turn right
3-4 Walk forward
5-6 Full turn left
7-8 Walk forward (tricky)