

# One Heart

**COPPER KNOB**  
BY STEPHEN T. C.

拍數: 32      牆數: 4      級數: Improver  
編舞者: Luke Crilcy  
音樂: One Heart - Céline Dion



## RIGHT SAILOR, LEFT SAILOR, RIGHT SAILOR ¼ TURN, WALK LEFT, RIGHT

1&2      Step right behind left, step left to side step right in place  
3&4      Step left behind right step right to side, step left in place  
5&6      Step right behind left step left to left side ¼ turn right step right forward  
7-8      Walk forward left, right

## CROSS LEFT OVER RIGHT, FULL TURN ROCK AND CROSS TWICE STEP SIDE ROCK BACK WITH ¼ TURN

1-2      Cross left over right unwind a full turn right  
3&4      Rock left to left side, cross left over right  
5&6      Rock right to right side, cross right over left  
7-8      Step to left to left side, rock back on right with ¼ turn left

## 1 ½ LEFT TURN SHUFFLE, RIGHT CHASSE

1&2      ½ turn shuffle turning left stepping left, right, left  
3&4      ½ turn shuffle turning left stepping right, left, right  
5&6      ½ turn shuffle turning left stepping left, right, left  
7&8      Step right to right side close left to right, step right to right side

## KNEE POPS IN OUT IN ¼ TURN LEFT, ROCK FORWARD, ROCK BACK, FULL TURN, STEP TO LEFT

1-2      Pop right knee in, pop right knee out  
3-4      Right knee in making a ¼ turn left  
5-6      Rock forward on right, rock back on left  
7&8&      Full turn right (right, left, right), step left to side

## REPEAT

## RESTART

Restart on wall 4 after step 24.

---