

# One Is Breaking

**COPPER** KNOB  
STEPSHEETS

拍數: 40      牆數: 1  
編舞者: Louise Elfvengren (NOR)  
音樂: One - Faith Hill

級數: Improver



## SHUFFLE BACK, ½ TURN COASTER STEP, SHUFFLE BACK, COASTER STEP

- 1&2      Step right back, close left beside right, step back left. (12:00)  
3&4      Step left back, step right beside left, step left forward, at step 4 half turn right (6:00)  
5&6      Step right back, close left beside right, step back left.  
7&8      Step left back, step right beside left, step left forward

## SIDE, TOGETHER, FORWARD, MAMBO FORWARD, MAMBO BACKWARDS STEP

- 9&10      Step right to right side, step left next to right, step forward on right  
11&12      Step left to left side, step right next to left, step forward on left  
13&14      Step forward with right foot, rock back onto left foot, step right foot next to left  
15&16      Step back with left foot, rock forward onto right foot, step left foot next to right

- 17-32      Repeat steps 1- 16 above facing back

## SKATE FORWARD RIGHT AND LEFT, FORWARD ROCK AND SHUFFLE BACKWARDS

- 33-34      Swivel right foot forward and toward right, swivel left foot forward and toward left (angling body in same direction as feet)  
35&36      Swivel right foot forward and toward right, bring left foot up to right, step right forward  
37-38      Rock left foot forward, recover weight to right foot  
39&40      Step left back, close right beside left, step back right.

## ROCK, SAILOR STEP, ROCK AND SAILOR STEP

- 41-42      Rock right foot to right side, recover weight to left foot  
43&44      Cross right behind left, turn ¼ to the right and step left foot to the left side, step right to right side (3:00)  
45-46      Rock left foot to right side, recover weight to right foot  
47&48      Cross left behind right turn ¼ to the left and step right foot to the right side, step left to left side (12:00)

## REPEAT

## RESTART

Restart after count 36 on wall 2.