

# The One

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Åsa Buhlér  
音樂: My Number One - Helena Paparizou



## MAMBO RIGHT, MAMBO LEFT, STEP TURN ½ HALF LEFT, RIGHT POINT HITCH CROSS

1&2      Mambo right  
3&4      Mambo left  
5-6      Step forward right ½ turn left, weight on left  
7&8      Point right toe to right side, hitch right knee, cross right foot over left

## POINT SWITCHES, UNWIND ¼ RIGHT, MOVING BACK 4 STEPS, POINTING TOES FORWARD

9&10      Point left toe to left side, step left foot together, point right toe to right side  
11-12      Put right foot behind left, unwind ¼ right, weight on right  
13-14      Left foot back and point right toe forward, right foot back and point left toe forward  
15-16      Repeat 13-14

## LEFT FORWARD, TOE STRUT WITH ½ TURN LEFT, ½ TURN LEFT ENDING WITH POINTING LEFT TOE FORWARD, CROSS SIDE, LEFT SAILOR STEP

17-18      Step forward left, point right toe forward  
19-20      ½ Turn left, put right heel down, left ½ turn, weight on right point left toe forward  
21-22      Left cross over right, step right to right side  
23&24      Left foot behind right, right foot on spot, left foot to left side

## BODY ROLLS TO BOTH SIDES, WALKS FORWARD WITH SHIMMY, FULL TURN LEFT

25&26      Body roll to the left  
27&28      Body roll to the right  
29-30      Step right forward with shimmy, step left forward with shimmy  
31-32      Full turn on left to the left (pirouette) ending on left foot

**Option for 31-32: you can make a paddle turn on 2 counts, ending on left foot**

**Options for 25-28: you can do hip bumps with attitude**

**REPEAT**

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