

# The One

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Tracey Howell & David Howell  
音樂: You're Beautiful - James Blunt



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## WALK FORWARD, ROCK, ¼ TURN RIGHT, SYNCOPATED WEAVE RIGHT, ¾ UNWIND TURN RIGHT

- 1-2      Walk forward right, left
- 3&4      Rock right forward, recover onto left, turn ¼ right stepping right to right side
- 5&6&7-8      Cross left over right, step right to right side, step left behind right, side right to right side, cross left over right, unwind ¾ turn right (weight ending on right)

## CROSS ROCK TWICE, CROSS POINT, CROSS UNWIND ½ TURN

- 9&10      Cross left over right, step right to right, step left in place (traveling slightly forward)
- 11&12      Cross right over left, step left to left, step right in place (traveling slightly forward)
- 13-14      Cross left over right, point right to right diagonal
- 15-16      Cross right over left, unwind ½ turn left (weight ending on right)

## SAILOR STEP, SAILOR ¼ TURN RIGHT, SYNCOPATED WEAVE, CROSS POINT

- 17&18      Cross left behind right, step right to right side, step left beside right
- 19&20      Cross right behind left, step left ¼ turn right, step right to right side
- 21&22&23-24      Cross left behind right, step right to right, cross left in front of right, step right to right side, cross left behind right, point right to right side

## CROSS POINT TWICE, KICK BALL CHANGE, SWEEP ½ TURN

- 25-26      Cross right over left, point left to left, diagonal
- 27-28      Cross left over right, point right to right, diagonal
- 29&30      Right kick ball change
- 31-32      Sweep right around left ½ turn left, touch right beside left

## REPEAT

## TAG

During wall three dance to count 20 (end of sailor steps), then start the dance again from the beginning

- 1-2      Step left forward, touch right beside left
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