

# The Only One

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: William Sevone (UK)  
音樂: You're the Only One - Keith Urban



## **2X CROSS-SIDE-½ LEFT ROCK-RECOVER (12:00)**

1-2            Cross step left over right, step right to right side  
3-4            Turn ½ left & rock left foot to left side, rock onto right foot  
5-6            Cross step left over right, step right to right side  
7-8            Turn ½ left & rock left foot to left side, recover onto right

## **CROSS ROCK, RECOVER, ½ LEFT FORWARD SHUFFLE, FORWARD, ½ LEFT ROCK BACKWARD, RECOVER, CROSS STEP (12:00)**

9-10           Cross rock left foot over right, rock onto right foot  
11&12        Turn ½ left & shuffle forward left, right-left  
13-14        Step forward onto right, turn ½ left & rock backward onto left foot  
15-16        Rock onto right foot, cross step left over right

## **STEPS: 2X BACKWARD-SIDE-CROSS, STEP BACKWARD, ½ LEFT STEP FORWARD, (6:00)**

17-18        Step backward onto right, step left to left side (slightly backward)  
19-20        Cross step right over left, step backward onto left  
21-22        Step right to right side (slightly backward), cross step left over right  
23-24        Step backward onto right, turn ½ left & step forward onto left

## **SIDE ROCK, RECOVER, 2X BACKWARD STEP-LOCKSTEP, ¼ RIGHT ROCK-ROCK-RECOVER (9:00)**

25-26        Rock right foot to right side, rock onto left foot  
27&28        (Upper body turned right) backward: step lock-step right, left-right  
29&30        (Upper body turned left) backward: step lock-step left, right-left  
31&32        Turn ¼ right & rock right foot to right side, rock onto left foot, recover onto right foot

**REPEAT**

---