

You're The One

COPPER KNOB
BY STEPHEN METZ

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音樂: You're The One - LMNT



STEP FORWARD, HOLD; STEP TOGETHER, STEP FORWARD, HOLD; ROCK FORWARD, RECOVER, TOUCH BACK, ½ TURN

- 1-2 Step right forward, hold
&3-4 Step left next to right, step right forward, hold
5-8 Rock forward on left, recover on right, touch left toe back, make a ½ turn left (weight ending on left)

SIDE STEP, TOUCH, ¼ TURN LEFT STEP SIDE, TOUCH; ¼ TURN RIGHT STEP SIDE, TOUCH, ¼ TURN LEFT STEP SIDE, TOUCH (COMPLETING A ¾ ROTATION)

- 1-2 Step right to right side, touch left next to right
3-4 As you turn ¼ turn left step left to left side, touch right next to left
5-6 As you turn ¼ turn right step right to right side, touch left next to right
7-8 As you turn ¼ turn left step left to left side, touch right next to (you have completed a ¾ turn)

KICK FORWARD, CROSS, POINT; KICK FORWARD, CROSS, POINT; JAZZ BOX ¼ TURN

- 1&2 Kick right forward, cross right over left, point left to left side
3&4 Kick right forward, cross right over left, point left to left side
5-8 Cross right over left, step back on left, turn ¼ right stepping forward on right, step left next to right

CROSS, POINTS TO SIDE

- 1-4 Cross touch right over left, point right to right side, cross step right over left (weight on right), point left to left side
5-8 Cross point left over right, point left to left side, cross step left over right (weight on left), point right to right side

HIP ROLLS LEFT AND RIGHT; ¼ TURN LEFT HIP ROLLS

- 1-2 As you step down on right side roll hips to the left to left for 2 counts (weight on right)
3-4 As you step down on left roll hips to the right to right for 2 counts (weight on left)
5-6 Step down on right into a ¼ turn left and roll hips to the left for two counts (weight on right)
7-8 As you step down on left roll hips to the right to right for 2 counts (weight on left)

WEAVE RIGHT, HOLD AND LOOK (OR VINE RIGHT, TOUCH); WEAVE LEFT INTO ¼ TURN LEFT, HOLD (OR VINE LEFT, ¼ TURN LEFT, TOUCH)

- 1&2&3-4 Step right to right side, step left behind right, step right to right side, cross left over right, step right to right side, hold and look to right
5&6&7-8 Step left to left side, step right behind left, step left to left side, cross right over left, turn ¼ turn left and step left forward, hold as you look to left

ALTERNATE STEPS

End the dance with the 2 syncopated weaves to the 1st, 3rd and 5th walls (which is every time you start the dance to the front wall); end the dance with the 2 vines with a touch to the even walls (every time you start the dance at the back wall). In other words, you will alternate (every other time) with the syncopated weave first and then the vines. You can end the dance to the front wall by continuing to do hip rolls into a ¼ turn left to face the front and keep doing the hip rolls left & right to the front wall as the music fades

REPEAT

