

You're The Only One

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate nightclub
編舞者: Angelique Gerlag (NL)
音樂: You're the Only One - Keith Urban



SIDE, CLOSE, CROSS, BACKWARDS WITH ¼ TURN LEFT, SIDE, CROSS, BACKWARDS WITH ¼ TURN RIGHT, SIDE, CROSS, SIDE, ROCK STEP

- 1-2& Step left to left, step right next to left, cross left over right
- 3-4& Step right backwards with a ¼ turn left, step left to left, cross right over left
- 5-6& Step left backwards with a ¼ turn right, step right to right, cross left over right
- 7-8& Step right to right, cross left behind right, weight back on right

ROCK STEP WITH ¼ TURN LEFT, LUNGE, FORWARD, FULL TURN LEFT, FORWARD, ARM MOVEMENT, ¼ RIGHT, ¼ RIGHT, CLOSE

- 1-2-3 Make a quarter turn to left with step left forward, weight back on right, lunge back on right
- 4& Step left forward, full turn left in place (while you turn close right next to left)
- 5-6 Step left forward (facing 9:00) swing your right arm from right below-side-up-and make a fist, bend your right knee
- 7-8 Weight back on right with ¼ turn right, ¼ turn right (facing 03:00) step left next to right

DEVELOPÉ, CROSS, ¼ RIGHT FORWARD, FORWARD, ROCK STEP, ½ RIGHT, CROSS WITH ¼ RIGHT, CROSS, ROCK STEP, ½ LEFT

- 1 Développé with left foot (straighten your leg) sweep from front to back
- 2& Cross left behind right, step right forward with ¼ turn right
- 3-4& Step left forward, step right forward, weight back on left
- 5-6-7 Make ½ turn to right step right forward, ¼ turn right cross left over right, cross right over left
- 8&1 Step left forward, weight back, ½ turn left step left forward

RONDÉ, CROSS, BACK, ¼ RIGHT, ROCK STEP, ¼ LEFT/FORWARD, FULL TURN RIGHT, FORWARD, SIDE, CROSS, ¾ TURN

- 2&3 Rondé, cross right over left, step left backwards, step right to right with ¼ turn right
- 4&5 Cross left over right, weight back on right, ¼ turn left step left forward
- 6& Full turn left in place (while you turn close right next to left)
- 7-8& Step right to right, cross left behind right, turn ¾ left in place (weight ends on right)repeat

REPEAT