

# I'll Be The One

**COPPER KNOB**  
BY STEPHEN

拍數: 84                      牆數: 4                      級數: Intermediate  
編舞者: Irene Williams (AUS) & Amy Williams (AUS)  
音樂: Fast As You - Dwight Yoakam



This dance took out 2nd place at the 7th Annual Choreographer's Championships & Awards at Tamworth on the 23rd of January 2002

## **CROSS, STEP, CROSS, STEP, CROSS SHUFFLE, ROCK, ROCK**

1-8                      Cross left over right, step right to side, cross left over right, step right to side, cross left shuffle over right, rock right to side, rock onto left

**Option with hats: on cross steps lift hat above head, back to center of body, out in front, back to center of body, on cross shuffle put hat back onto head**

## **CROSS, STEP, CROSS, STEP, CROSS SHUFFLE, ROCK, ROCK**

1-8                      Cross right over left, step left to side, cross right over left, step left to side, cross right shuffle over left, rock left to side, rock onto right

**Option with arms: on cross-overs: move arms across body in a digging motion on step-overs, head facing direction of digging. On cross shuffle: quick 1&2 movement of digging**

## **ROCK FORWARD, ROCK BACK, ½ TURNING SHUFFLE (REPEAT)**

1-2-3&4                      Rock forward on left, rock back on right, ½ turning shuffle left

5-6-7&8                      Rock forward on right, rock back on left, ½ turning shuffle right

## **PIVOT ½ TURN, PIVOT ½ TURN**

1-4                      Step forward on left, ½ turn to right, step forward on left, ½ turn to right

## **ROCK FORWARD, BACK, FULL TURN, (REPEAT OPPOSITE DIRECTION)**

1-2-3&4                      Rock forward on left, back on right, turning full turn left (left-right-left)

5-6-7&8                      Rock forward on right, back on left, turning full turn right (right-left-right)

## **¼ PADDLE, ¼ PADDLE, CROSS SHUFFLE, ROCK, ROCK (REPEAT)**

1-2-3-4                      Cross step left & paddle ¼, cross step left & paddle ¼, cross shuffle, rock, rock

5&6-7-8                      Cross step right & paddle ¼, cross step right & paddle ¼, cross shuffle, rock, rock

**Option: on paddles and second rock, clap**

## **ROCK FORWARD, BACK, FULL TURN, ROCK FORWARD, BACK, ¾ TURN**

1-2-3&4                      Rock forward on left, rock back on right, full turn to left, (left-right-left)

5-6-7&8                      Rock forward on right, rock back on left, ¾ turn to right, (right-left-right)

## **HIPS FORWARD, BACK, 45 DEGREES SHUFFLE, (REPEAT)**

1-2-3&4                      Left hips forward & back, shuffle in a 45 degrees direction

5-6-7&8                      Right hips forward & back, shuffle in a 45 degrees direction

**Option with arms: arms moving in a ½ circle movement to the right forward then ½ circle to the left back, moving at same time as hips also at same time, fingers pointed in hip direction & head looking in a forward then back direction (all one action)**

## **ROCK FORWARD, BACK, BACK SHUFFLE, (REPEAT)**

1-2-3&4                      Rock forward left, back on right, back shuffle left

5-6-7&8                      Rock forward right, back on left, back shuffle right (careful not to shuffle forward)

## **KICK, KICK, COASTER STEPS (REPEAT)**

1-2-3&4                      Left kick, kick, moving backwards as you back coaster step left

5-6-7&8 Right kick, kick, moving backwards as you back coaster step right

**HIPS FORWARD, BACK, 45 DEGREES SHUFFLE (REPEAT)**

1-2-3&4 Left hips forward & back, shuffle in a 45 degrees direction

5-6-7&8 Right hips forward & back, shuffle in a 45 degrees direction

**Options with arms: arms moving in a ½ circle movement to the right forward, then ½ circle to the left back, moving at same time as hips, also at the same time fingers pointed in hip direction & head looking in a forward then back direction (all one action)**

**REPEAT**

**FINISH**

**To finish dance with both facing front, dance to the first lot of full turns (dancers that are facing the back wall only do first full turn on second only do a half turn will bring you to the front with other dancers)**

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