

I'm The One (P)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: Partner
編舞者: Lucy Siro (CAN) & Christyan Roussel (CAN)
音樂: I'm The One - Daniel Langlois



Position: Open promenade

MAN'S STEPS

RUMBA BOX, ¼ TURN

- 1-2 Step right foot forward, pause
- 3-4 Step left foot to left side, step right foot next to left foot
- 5-6 Step left foot back, pause
- 7-8 Step right foot ¼ turn right, touch left foot next to right

On the 8th count, the man takes the lady's right hand

STEP, SLIDE, STEP ¼ TURN, TOUCH, STEP SLIDE, STEP KICK

- 1-2 Step left foot to the left, slide right foot next to left foot
- 3-4 Step left foot ¼ turn right, touch right foot next to left foot
- 5-6 Step right foot forward, slide left foot next to right foot
- 7-8 Step right foot forward, kick left foot forward

WALK BACKWARDS, TOUCH

- 1-4 Step left-right-left back, touch right foot next to left foot
- 5-8 Turn ½ turn to the right, (right-left-right), touch left foot next to right

We are now in a face to face position

ROCK STEP, SHUFFLE, ROCK STEP, SHUFFLE

- 1-2 Rock step left foot forward, return weight on right foot
- 3&4 Shuffle back (left-right-left)
- 5-6 Rock step right back, return weight on left foot
- 7&8 Shuffle forward (right-left-right)

STEP ½ TURN, SHUFFLE, STEP, PAUSE. STEP, STEP TOGETHER

- 1-2 Step left foot forward, ½ turn to the right
- 3&4 Shuffle left-right-left
- 5-6 Step right foot forward, pause
- 7-8 Step left foot to the left, step right foot next to left foot

STEP, PAUSE, STEP, TOUCH, WOMAN - ROLLING VINE / MAN: TAKE SMALL STEP IN PLACE

- 1-2 Step left foot back, pause
- 3-4 Step right foot to right, touch left foot next to right foot
- 5-8 Step, left-right-left, touch right foot next to left foot

Placing yourself in the wrap position

STEP SLIDE STEP TOUCH

- 1-2 Step right foot diagonally, slide left foot next to right foot
- 3-4 Step right foot diagonally, touch left foot next to right foot
- 5-6 Step left foot diagonally, slide right foot next to left foot
- 7-8 Step left foot diagonally, touch right foot next to left foot

LADY: ROLLING VINE TO THE RIGHT / MAN: SMALL STEP IN PLACE -ROLLING HIPS

- 1-4 Small steps in place (right-left-right-left)

5-8 Rolling hips movement towards your partner twice

REPEAT

LADY'S STEPS

RUMBA BOX, ¼ TURN

- 1-2 Step left foot forward, pause
- 3-4 Step right foot to the right, step left foot next to right foot
- 5-6 Step right foot back, pause
- 7-8 Step left foot ¼ turn to the left, touch right foot next to left foot

On the 8th count, the man takes the lady's right hand

STEP, SLIDE, STEP ¼ TURN, TOUCH, STEP SLIDE, STEP KICK

- 1-2 Step right foot to the right, step left foot next to right foot
- 3-4 Step right foot ¼ turn to left, touch left foot next to right foot
- 5-6 Step left foot forward, slide right foot next to left foot
- 7-8 Step left foot forward, kick forward right foot

WALK BACKWARDS, TOUCH

- 1-4 Step right-left-right back, touch left next to right
- 5-8 Turn 1 complete turn to the left to place yourself in front of the man, touch right foot next to left

ROCK STEP, SHUFFLE, ROCK STEP, SHUFFLE

- 1-2 Rock step right foot back, return weight on left foot
- 3&4 Shuffle forward (right-left-right)
- 5-6 Rock step left foot forward, return weight on right foot
- 7&8 Shuffle ½ turn to the left (left-right-left)

STEP ½ TURN, SHUFFLE, STEP, PAUSE. STEP, STEP TOGETHER

- 1-2 Step right foot forward, ½ turn to the left
- 3&4 Shuffle right-left-right
- 5-6 Step left foot forward, pause
- 7-8 Step right foot to the right, step left foot next to right foot

STEP, PAUSE, STEP, TOUCH, WOMAN - ROLLING VINE / MAN: TAKE SMALL STEP IN PLACE

- 1-2 Step right foot back, pause
- 3-4 Step left foot to left, step right foot next to left foot
- 5-8 Rolling vine to left, (left-right-left touch right foot next to left foot)

STEP SLIDE STEP TOUCH

- 1-2 Step right foot diagonally, slide left foot next to right foot
- 3-4 Step right foot diagonally, touch left foot next to right foot
- 5-6 Step left foot diagonally, slide right foot next to left foot
- 7-8 Step left foot diagonally, touch right foot next to left foot

LADY: ROLLING VINE TO THE RIGHT / MAN: SMALL STEP IN PLACE -ROLLING HIPPS

- 1-4 Rolling vine to the right (right-left-right) touch left foot
- 5-8 Rolling hips movement towards your partner twice

REPEAT
