

The One

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Fred Knopp (AUS) - June 2008
音樂: The One - Gary Allan : (CD: All Right Guy)



Original Position: Feet Together Weight On Left; Start After 24 Counts

Right Rock/Step Forward, Right Side With ¼ Turn Right, Left Cross, Right Side With ½ Turn Left, Left Side, Right Cross/Rock, Right Side, Left Cross, Right Side ¼ Turn Left, Left Rock Back

1-2 Rock / step fwd on R, rock back on L
&3 Step R to R with ¼ turn R, step L across in front of R
&4 Step R to R with ½ turn L, step L to L
5-6 Rock / step R across in front of L, rock back on L
&7 Step R to R, step L across in front of R
&8 Step R to R with ¼ turn L, rock back on L

Rock Forward Right, Left Forward, Right Sailor Step, Left Behind, Right Side With ¼ Turn Right, Left Forward, Step Right Together & Pivot ½ Turn Right, Left Shuffle Forward

9-10 Rock fwd on R, step fwd on L at a slight diagonal
&11 Step R behind L, step L to L
&12 Step R to R, step L behind
13-14 Step R to R with ¼ turn R, step fwd on L
&15 Step R next to L & pivot ½ turn R, step fwd on L
&16 Step R next to L, step fwd on L (Restart occurs here)

Right Rock/Step Forward, Right Together, Pivot ½ Turn Left, Shuffle Forward Left, Pivot ¼ Turn Left, Right Rock/ Step Forward, Right Back With ½ Turn Right, Left Forward, Pivot ¼ Right, Left Cross

17-18 Rock / step fwd on R, rock back on L
&19 Step R next to L, pivot ½ turn L & step fwd on L
&20 Step R next to L, step fwd on L
& Pivot ¼ turn L on ball of L
21-22 Rock / step fwd on R, rock back on L
&23 Step back on R with ½ turn R, step fwd on L
&24 Step on R with ¼ turn R, step L across in front of R

Right Side, Left Behind, Right Weave, Right Side With ¼ Turn Right, Left Forward, Step Right Together & Pivot ½ Turn Right, Left Forward, Right Forward With ½ Turn Left, Left Forward

25-26 Step R to R, step L behind R
&27 Step R to R, step L across in front of R
&28 Step R to R, step L behind R
29-30 Step R to R with ¼ turn R, step fwd on L
&31 Step R next to L & pivot ½ turn R, step fwd on L
&32 Step fwd on R & pivot ½ turn L on ball of R, step fwd on L

TAG:

**AFTER the 2nd rep of the dance do the tag TWICE.
At the End of the 4th rep do the tag ONCE.**

Right Step Forward, Left Rock/Step Forward, Left Step Back, Right Rock/Step Back

1-2 Step fwd on R, rock fwd on L
&3 Rock back on R, step back on L
&4 Rock back on R, rock fwd on L

RESTART: On the 6th rep do the 1st 16 counts and then restart BUT pivot $\frac{1}{4}$ turn left on the ball on the left as you restart to keep the dance in sync of a 2 wall dance.
