

One Love is All We Need

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Alan Haywood (UK) - October 2009
音樂: Just One Love - Michael Bolton : (Album: One World One Love)



Intro – 32 counts – start on the word ‘killing’

Section 1

R kick ball cross & L back, R over, hinge ½ R, R side rock, recover L

- 1&2 Kick right forward, step right next to left, cross step left over right
&3-4 Step right to right side, step left back, cross step right over left
5&6 Make ¼ turn right (left back), pivot ¼ right (right side), cross step left over right (6 o'clock)
7-8 Rock right to right side, recover weight onto left

Section 2

R behind & ¼ L, R shuffle forward, rock forward L, recover R, triple 1½ L, R forward

- 1& Cross step right behind left, step left ¼ left (3 o'clock)
2&3 Step forward onto right, close left next to right, step forward onto right
4-5 Rock forward onto left, recover weight back onto right
6&7 Triple 1½ turn left stepping left right left (easy option – shuffle ½ left) (9 o'clock)
8 Step forward onto right

Section 3

L kick ball cross & R behind, L side, cross rock R over L & R ¼ R, L forward, ½ R

- 1&2 Kick left forward, step left next to right, cross step right over left
&3-4 Step left to left side, cross step right behind left, step left to left side
5&6 Cross rock right over left, recover weight onto left, step right ¼ right (12 o'clock)
7-8 Step forward onto left, pivot ½ turn right (6 o'clock)

Section 4

L over twinkle, R over twinkle, cross lock L over R, unwind full turn R, L side, touch R

- 1&2 Cross step left over right, step right to right side, step left to left side
3&4 Cross step right over left, step left to left side, step right to right side
5-6 Cross lock left over right (toes only), unwind a full turn right, (weight right) (6 o'clock)
(Easy option: cross step left over right, step right to right side)
7-8 Step left to left side, touch right next to left

REPEAT AND ENJOY!!!!

**DON'T BE PUT OFF BY THIS WRITING – IT'S VERY EASY WHEN YOU DO THE DANCE
EXPLAINING IT IS WHAT'S TAKEN THE AMOUNT OF WRITING!**

TAG

End of walls 1 (6 o'clock) and 4 (12 o'clock).

He sings the word 'Tonight' over 6 counts. Take arms out to each side, then bring them together, palms facing in front of chest. Restart with the kick ball cross when he sings the word "Need"

Wall 6 he sings slower, you will start this wall facing 6 o'clock. At the end of this wall, facing 12 o'clock, you will need to hold for 2 counts and then kick ball cross to start the dance again on word "One".

Beware of a false ending in the music during wall 8.

Email: alan.haywood@yahoo.com Website: www.alanhaywood.co.uk

