

You're The One!

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: David Rawsky (USA) - March 2011
音樂: The Way You Make Me Feel - Michael Jackson : (iTunes)



(Step instructions by Earleen Wolford)

Start on vocals, no tags/no restarts,

Other music: Wildflower by The JaneDear Girls, available on Itunes

[1-8] R Kick ball, Step L, Slide R Toe, Touch, Coaster Step, ½ Turn R

1&2 Kick R forward (1), Step R to center (&) Step L slightly big to L (2) (L take wt)
3, 4 Slide R toe slightly close to L (3), Touch R toe next to L (4)
5&6 Step R back (5), Step L next to R (&), Step R forward (6) (R take weight)
7, 8 Step forward on L (7), Make ½ Turn R at same time pivoting on both feet (8) (R takes wt)
(6:00)

[9-16] 3 Touches(heel,toe,toe), Monterey ¼ Turn L, Cross, Step, Coaster Cross ¼ Turn R

9, 10 Touch L heel forward (9), Touch L toe back (10)
11&12 Touch L toe out to L (11), Bring L back to center, pivoting ¼ turn L (&), Point R out to R (12)
13,14 Cross R over L (13), Step L to L
15&16 Step R back (15), Step L next to R (&), Pivot ¼ turn R crossing R over L (16) (R take wt)
(6:00)

[17-24] Rock L, L Behind Side Cross, Boogie Walks (aka Shorty George)

17, 18 Rock L to L (17), Recover on R (18)
19&20 Step L behind R (19), Step R to R (&), Cross L over R (20) (R take wt)
21&22 Kick R out to R (21), Step R next to L (&), Step L slightly forward (22)
23 Step forward on R (bringing L knee in next to R) (23)
24 Step forward on L (bringing R knee in next to R) (24) (L take wt) (6:00)

Optional: 21-24, you can just walk forward 4 x's/R, L, R, L

[25-32] Hip Bumps, ¾ Spiral Turn L, Body Roll

25,26 Touch R toe forward, bumping R hip up (25), Step down on R as you bump R hip down (26)
27,28 Touch L toe forward, bumping L hip up (27), Step down on L as you bump L hip down (28) (L takes wt)
29,30 Cross R toe of L (29), ¾ Turn L, while pivoting on L (30)
31,32 Roll both your shoulders forward at the same (31), Bring both shoulders back to center, at same time, while rolling both your hips (32) (L takes weight) (9:00)

Optional: 31-32, you can bump hips to L 2 x's.

Begin again!

Enjoy & have fun dancing "You're the One!" Also, please feel free to use other music to do my dance, country or non country will work!

Any questions, please feel free to contact me via email at: drhunting140@yahoo.com