

# The Only One

COPPERKNOB  
BY STEPHEN BERTS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: John Warnars (NL) - November 2013  
音樂: It's You Again - Leland Martin : (CD: I Need A Little Home Time)



Intro: 16 counts

**R SIDE STEP, CROSS ROCK, RECOVER, L SIDE SHUFFLE, R CROSS STEP, ¼ TURN R (step back), ¼ TURN R SIDE SHUFFLE;**

1            RF step to right side  
2            LF cross rock LF over RF  
3            RF recover back on RF  
4            LF step\close to left side  
&            RF step next LF  
5            LF step to left side  
6            RF cross step RF over LF  
7            LF ¼ turn right, step back (3)  
8            RF ¼ turn right, step to right side (6)  
&            LF step\close next RF  
1            RF step to right side

**L CROSS ROCK, RECOVER, L SIDE SHUFFLE, R CROSS STEP, ¼ TURN R (step back), 1/2 SHUFFLE TURN R;**

2            LF cross rock LF over RF  
3            RF recover back on RF  
4            LF step to left side  
&            RF step\close next LF  
5            LF step to left side  
6            RF cross step RF over LF  
7            LF ¼ turn right, step back (9)  
8            RF ¼ turn right. Step to right side (12)  
&            LF step\close next RF  
1            RF with ¼ turn right, step forwards (3)

**ROCK (fwd), RECOVER, L LOCK STEP (back), 1/4 TURN R ROCK SWAY, RECOVER (with sway), R SIDE SHUFFLE with ¼ TURN R;**

2            LF rock forwards  
3            RF recover back on RF  
4            LF step backwards  
&            RF RF lock across LF  
5            LF step backwards  
6            RF ¼ turn right, rock to right side (6) and push hips to right (sway)  
7            LF recover back on LF, and push hips to left side (sway)  
8            RF step to right side  
&            LF step\close next RF  
1            RF ¼ turn right, step forwards (9)

**ROCK (fwd), RECOVER, L LOCK STEP (back), FULL TURN R (2 counts), \*R SWEEP into CROSS (behind), L SIDE STEP;**

(\*prepare for R Sailor step & restart!)

2            LF rock forwards  
3            RF recover back on RF

4 LF step backwards  
& RF RF lock across LF  
5 LF step backwards  
6 RF ½ turn right, step forwards (3)  
7 LF ½ turn right, step backwards (9)  
8 \*RF sweep RF behind LF (front to back)  
& LF step to left side

1 RF start again (step to right side)

**\* on counts 8 & 1 (1 = Restart) of 4th block, prepare for R Sailor step!**

8 RF sweep\cross RF behind LF  
& LF step to left side  
1 RF step to right side (restart new wall)

Contact: [johnwarnars@hotmail.com](mailto:johnwarnars@hotmail.com) - [www.linedancerjohn.com](http://www.linedancerjohn.com)

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