

# Grease : The One

**COPPERKNOB**  
STEPSHEETS

拍數: 96                      牆數: 1                      級數: Phrased Beginner  
編舞者: Anthony Kusanagi (INA) - December 2013  
音樂: You're the One That I Want - John Travolta & Olivia Newton-John : (Album:  
Grease 1978)



**PATTERN : A-B-Tag 1-C-Tag 2-A-B-Tag 1-C-C-C-Ending**

**Intro: 16 counts since the music begun**

**SESSION A (32 counts) :**

**I. PRIZZY WALK**

1-8                      Walk forward with slightly crossing on R, L, R, L, R, L, R, L

**II. JAZZ BOX 2x**

1-2                      Step R cross over L, step L backward

3-4                      Step R step to R side, step L forward

5-6                      Step R cross over L, step L backward

7-8                      Step R to R side, step L forward

**III. SKATE AND SHUFFLE ( 2x )**

1-2                      R skate to R (hand action: R pointing up while L pointing down), L skate to L (hand action: L pointing up while R pointing down)

3&4                      Step R to R side (body angle), step L next to R, step R to R side (body angle)

**(Hand action: R pointing up twice while L pointing down twice)**

5-6                      L skate to L (hand action: L pointing up while R pointing down), R skate to R (hand action: R pointing up while L pointing down)

7&8                      Step L to L side (body angle), step R next to L, step L to L side (body angle)

**(Hand action: L pointing up twice while R pointing down twice)**

**IV. WALK AROUND**

1-8                      Walk around make a circle to R (clock-wise) on R, L, R, L, R, L, R, L

**SESSION B (32 counts) :**

**I. SHIMMIES**

1-2                      Step R next to L while doing the shaking shoulder to front

3-4                      Shake shoulder to back

5-6                      Shake shoulder to front

7-8                      Shake shoulder to back

**II. SKATE - JAZZ BOX**

1-2                      R skate to R, L skate to L

3-4                      R skate to R, L skate to L

5-6                      Step R cross over L, step L backward

7-8                      Step R to R side, step L forward

**III . REPEAT SESSION B.I**

**IV. REPEAT SESSION B.II**

**SESSION C (32 counts) :**

**I. ROLL HAND - POSE - RIGHT HAND MOVE**

1                      Roll both hands in front of chest

2                      Pointing R hand (index finger) up while L knee is pop out

- 3-4 Hold  
5-8 Move R pointing finger from right to left while your hip is bouncing  
**(Action: do the count 5-8 while singing "Uh Uh Uh Uh")**

## **II. ROLL HAND - POSE - LEFT HAND MOVE**

- 1 Roll both hands in front of chest  
2 Pointing L hand (index finger) up while R knee is pop out  
3-4 Hold  
5-8 Move L pointing finger from left to right while your hip is bouncing  
**(Action: do the count 5-8 while singing "Uh Uh Uh Uh")**

## **III. REPEAT SESSION C.I**

## **IV. MODIFIED HAND JIVE**

- 1& Slap thighs with both hands, clap  
2& Cross right hand over left, cross left hand over right  
3& Touch right fist on top of left fist, touch left fist on top of right fist  
4& Hitch hike right thumb over right shoulder, hitch hike left thumb over left shoulder  
5& Slap thighs with both hands, clap  
6& Cross right hand over left, cross left hand over right  
7& Touch right fist on top of left fist, touch left fist on top of right fist  
8& Hitch hike right thumb over right shoulder, hitch hike left thumb over left shoulder

## **TAG 1 : OUT-OUT STEP**

- 1-4 Step in place with out-out hip action on R L R L

## **TAG 2 : WALK AROUND**

- 1-8 Walk around make a circle to R (clock-wise) on R, L, R, L, R, L, R, L

**ENDING : Jump with both hands up and feet apart while shouting "Yeaah"**

**Special thanks to Miss Deshimona for contributing the lovely name for this dance.**

**For more information please contact: [anthonymld.ina@gmail.com](mailto:anthonymld.ina@gmail.com) or [mdeshimona@yahoo.com](mailto:mdeshimona@yahoo.com)**

---