

One Thing I Know

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Improver/Intermediate

Chorégraphe: Carissa Barth (USA) - June 2025

Musique: Nobody's More Country - Blanco Brown



Intro: Dance starts 30secs into music. Before dance starts, a fun option: Clap/Walk or Spin around/Hype the crowd! This can make for a fun and interactive start!

Restart: Wall 3, after count 16, facing 6:00!

S1 [1-8] 1/2 Turn, Scissor Step, Repeat

- 1,2 Step RF forward, Pivot ½ turn L
- 3&4 Step RF to R side, Rock R, Recover L, Cross RF over LF (Rock & Cross)
- 5,6 Step LF forward, Pivot ½ turn R
- 7&8 Step LF to L side, Rock L, Recover R, Cross LF over RF (Rock & Cross)

S2 [9-16] Side, Behind, 3/4 Turn with Triple Step, Quarter Turn, Side, Behind, 3/4 Turn with Triple Step

- 1,2 Step RF to R side, Step LF behind RF (think of a half grapevine)
- &3&4& Start turning ¾ R: Step RF towards R, Step LF by RF, Step RF Continue turning over R shoulder making a R Quarter turn,
- 5,6 Step LF out to L side, Step RF behind LF
- &7&8& Start turning ¾ L: Step LF towards L, Step RF by LF, Step LF

****Restart here on Wall 3, after count 16, facing 6:00****

S3 [17-24] Rock/Recover, Coaster, Shuffle Forward, Heel Dig

- 1,2 Step RF forward, Rock forward, Recover back onto L
- 3&4 Step RF back, Step LF back next to RF, Step RF forward (Coaster Step, back,together,forward)
- 5&6 Step LF forward, Step RF slightly behind LF, Step LF forward (shuffle forward)
- 7&8& Heel Dig RF forward, Switch, Heel Dig LF forward (Heel & Heel) (simply tap heel forward, lift toes to the sky!!)

S4 [25-32] Heel Hook with 1/4 Turn, Heel Dig, Heel Dig, Heel Hook with 1/4 Turn, Paddle or Stomp, Step Back

- 1&2& Place weight on L, Kick/Heel RF forward, Bring RF up/cross over L to Hook RF over L, When you bring foot up for the Hook make a L ¼ turn at the same time as you Hook, End step with Heel RF forward and down.
- 3&4& Heel Dig LF forward, Switch, Heel Dig RF forward (Heel & Heel) (simply tap heel forward, lift toes to the sky!!)
- 5& Place weight on R, Kick/Heel LF forward, Bring LF up/cross over R to Hook over R, When you bring foot up for the Hook make a R ¼ turn at the same time as you Hook
- 6,7 LF Paddle, Paddle (towards R/R diagonal) OR make steps 6,7 a LF Stomp, Stomp
- 8 Step LF back, OR LF Stomp

Dance starts over, stepping RF forward!

Thank you so much for learning my dance! :)

TikTok/Insta/FB/YouTube: FIBEDANCE, FIBE DANCE

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Last Update - 8 Jun. 2025 - R1