

You're The Only One

COPPER KNOB
BYEPOSTHEATS

拍数: 32 墙数: 4 级数: Improver
编舞者: Ayu Permana (INA) - January 2018
音乐: Sometimes - Britney Spears



The dance starts after 16 counts music intro

SECTION 1. NC BASIC - SIDE - BEHIND - SIDE - FORWARD - (FORWARD & BACK) MAMBO (12.00)

1-2&3 Long step R to right side - Step L behind R - Cross R over L - Step L to left side
4&5 Step R behind L - Sep L to left side - Step R forward
6&7 Step/rock L forward - Recover on R - Step L backward
8&1 Step/rock R backward - Recover on L - Step R forward

SECTION 2. PIVOT 1/4 TURN - CROSS SHUFFLE - SWAY - SIDE SHUFFLE (03.00)

2-3 Step L forward - Turn 1/4 right on R
4&5 Cross L over R - Step R to right side - Cross L over R
6-7 Step/rock R to right side - Recover on L
8&1 Step R to right side - Step L close to R - Step R to right side

SECTION 3. (LEFT & RIGHT) CROSS, RECOVER, SIDE - WALK - MAMBO 1/2 TURN (09.00)

2&3 Cross/rock L over R - Recover on R - Step L to left side
4&5 Cross/rock R over L - Recover on L - Step R to right side
5-6 Step forward L - R
8&1 Step/rock L forward - Recover on R - Turn 1/2 left stepping L forward

SECTION 4. FORWARD LOCKSTEP - (LEFT & RIGHT) SIDE MAMBO - TOGETHER (09.00)

2&3 Step R forward - Step L behind R - Step forward
4&5 Step/rock L to left side - Recover on R - Step L next to R
6&7 Step/rock R to right side - Recover on L - Step R next to L
8 Step L next to R

REPEAT

RESTART AND TAG

RESTART: On wall 7, after 16 counts ..

Do the dance until 16 counts only, then start wall 8 from the beginning (09.00)

TAG: 12 counts tag at the end of wall 8 (06.00)

1-2& Long step R to right side - Step L behind R - Cross R over L
3-4& Long step L to left side - Step R behind L - Cross L over R
5-6& Step R to right side - Recover on L - Step R next to L
7-8& Step L to left side - Recover on R - Step L next to R
9-10 Touch R toe out to right side - Drag and touch R toe next to L
11-12 Touch R toe out to right side - Hitch R

Contact: permanaayu@yahoo.com