

YNO (You're Number One)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Johanna Barnes (USA) - October 2019
音乐: You're Number One - Michael Franti & Spearhead



#16-count intro, sequence A, B, A, A, B, A, 32-A restart, A

(48)-COUNT 'A'

[1~8]: L DIAGONAL STEP-HOLD, R CHARLESTON (OR MASHED POTATO), L BACK COASTER-STEP, R LIFT KICK-BALL-CHANGE

1-2, &3&4 L step forward on slight left diagonal (1); hold (2); swing R to side (&); R touch front (3); swing R to side (&); complete swing of R to step back (4)*

***alternate: also swivel your L heel out (&) and in (3) (repeat & 4) to change a Charleston step to a mashed-potato one!**

5&6 L step back (5); R step next to L (&); L step forward (6)

7&8 R low kick forward and/or slightly to the right side with hip lift (7); R step next to L (ball) (&); L step forward (8)

[9~16]: ¼ SIDE R, L TOUCH, ¼ L, R FWD, ½ L, R FWD, QUICK FWD L-R, HEEL POP (OR LEFT SWIVEL)

1, 2 ¼ turn left, stepping R to right side [9:00] (1); touch L next to R (2)

3,4,5,6 ¼ turn left, stepping L forward [6:00] (3); R step forward (4); ½ turn left, stepping forward onto L [12:00] (5); R step forward (6)

&7&8 small step forward onto L (&); step R next to L (7); lift both R and L heels then return down, to weight L (&8)

or swivel both R and L heels left, then return to center and weight L (&8)

[17~24]: R REVERSE BOTAFOGO, L REVERSE BOTAFOGO, R BEHIND, L SIDE, DOUBLE R CROSS, UNWIND ½ LEFT ONTO L

1,a,2 R step behind L (1); L push out to left side (a); return weight to R (2);

3,a,4 L step behind R (3); R push out to right side (a); return weight to L (4)*

1-4 will travel slightly back

5&6 R step behind L (5); L step to left side (&); R step across L (6);

&7, 8 L small step to left side (&); R step across L (7); unwind ½ turn left, to weight L [6:00] (8)

[25~32]: R SIDE PUSH-TOUCH-CROSS, L SIDE PUSH-TOUCH-CROSS, R KICK-CROSS-BACK, R BACK/L KICK, L BALL-STEP FWD R

1&2,3&4 push-touch R out to right side (1); recover weight L (&); step R across L (2); push-touch L out to left side (3); recover weight R (&); step L forward, slightly across R (4)

1-4 travels slightly forward

5&6 R forward low kick (5); R step across L (&); L step back (6);

a7, &8 push back step onto R (lean back) with L low kick (a7); recover onto L (&); R step forward (8)

[RESTART here, just once on your 5th pattern of the 48-count 'A.' You will start this 'A' facing 12:00 and finish 32 counts facing 6:00 where you will start again from the top of the 48-count pattern 'A' (just after '...queen: hey-hey-hey').]**

[33~40&]: L FWD, ½ R HITCH, R PREP, ½ BACK ONTO L, ¼ TUCK SAILOR TURN R, OUT-OUT L/R, IN-IN L/R

1,2,3,4 L step forward (1); ½ turn right, hitch R across L [12:00] (2); R prep step forward (3); ½ turn right, stepping back onto L [6:00] (4)

5&6 tuck R behind L, turning ¼ right [9:00] (5); L step next to R (&); R small step forward (6)

7&8& L heel out forward diagonal (7); R heel out forward diagonal (&); L step back (center) (8); R step next to L (&)

[41~48]: L PREP-HOLD, ¼ TOUCH, ½ TOUCH, R VAUDEVILLE STEP, SIDE-CROSS, UNWIND ½ TO R

- 1-2,3,4 L prep step forward (1); hold (2); ¼ turn left, touching R to right side [6:00] (3); ½ turn left, touching R to right side [12:00] (4)
- 5&6 R step across L (5); L step to left side (&); R heel to right diagonal (6);
- &7, 8 R step next to L (&); L step across R (7); unwind ½ turn right, to weight R [6:00] (8)

B - 16-COUNT B (TAG/BRIDGE) : Clock notation is based on where you started the prior 48-count 'A' as your 12:00

This repeats twice: once at 6:00 after the 1st 'A' and once at 12:00 after the 3rd 'A' (which began at 6:00)

[1~8]: L PONY SKIP, ¼ R PONY SKIP, L MAMBO, R BACK COASTER STEP

- 1&2, 3&4 L small step forward (1); R step next to L (&); L small step forward (2); make ¼ turn right, R small step forward [9:00] (3); L next to R (&); L small step forward (4)
- 5&6 small rock-push forward on L (5); recover weight R (&); L step back (6)
- *or try 5&6 as a Charleston step!**
- 7&8 R step back (7); L step next to R (&); R step forward (8)

[9~16]: L PONY SKIP, ¼ R PONY SKIP, L MAMBO, R BACK COASTER STEP

- 1&2, 3&4 L small step forward (1); R step next to L (&); L small step forward (2); make ¼ turn right, R small step forward [12:00] (3); L next to R (&); L small step forward (4)
- 5&6 small rock-push forward on L (5); recover weight R (&); L step back (6)
- *or try 5&6 as a Charleston step!**
- 7&8 R step back (7); L step next to R (&); R step forward (8)

(BEGIN AGAIN, and most certainly DWYF!)

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This step description is intended to be a guideline. Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel. <http://www.youtube.com/user/DanceWhatYouFeel>

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