

One Life, One Soul

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 1 级数: Intermediate
编舞者: Stéphanie Bijon (FR) & Géraldine Beluche (FR) - May 2025
音乐: One Life, One Soul - Zian



Sequence : 56 – 32 – Tag – 56 – 32 – 56 – 8

Intro : approx. 40 sec. (32 counts) Start the dance on the lyrics.

[1-8] STEP R FWD w/ARM, DRAG L, STEP L FWD w/ARM, DRAG R, ROCK R 1/2 TURN R, STEP R FWD, FULL TURN R w/RONDE

- 1-2 Step RF forward raising R arm to R side (1), Drag LF close to RF (2) 12:00
- 3-4 Step LF forward raising L arm to L side (3), Drag RF close to LF (4)
- 5-6& Rock RF forward (5), Recover on L (6), 1/2 turn R, step RF forward (&) 06:00
- 7-8 1/2 turn R, step LF backward with rondé R (7), 1/2 turn R, step RF forward (8) 06:00

[9-16] ROCK L FWD, BALL STEP R BACK, STEP L BACK, BEHIND SIDE CROSS, LUNGE L, ROLLING WINE R

- 1-2& Rock LF forward (1), Recover on R (2), Close LF next to RF (&)
- 3-4 Step RF back (3), Step LF back (4)
- 5&6 Cross RF behind LF (5), Step LF to L side (&), Cross RF over LF (6)
- 7-8& Big step L to L side with lunge (7), ¼ turn R, step RF forward (8), 1/2 turn R, step LF backward (&) 03:00

[17-24] SIDE ROCK R w/ARM, BALL SIDE ROCK L w/ARM, BALL STEP R FWD w/HITCH, RUN x3, SWEEP 1/2 TURN L, TOUCH R

- 1-2& ¼ turn R, side rock RF to R raising R arm to R side (1), recover L (2), Close RF next to LF (&) 06:00
- 3-4& Side rock LF to L raising L arm to L side (3), Recover on R (4), Close LF next to RF (&)
- 5-6& Step RF forward hitching L (5), Run L forward (6), Run R forward (&)
- 7-8 Run LF forward sweeping RF back to front and 1/2 turn L (7), Touch RF next to LF (8) 12:00

[25-32] STEP R FWD, RUN x3 1/4 TURN R w/SWEEP, WEAVE w/SWEEP, BEHIND 1/4 R STEP FWD, STEP 1/2 TURN R

- 1-2&3 Step RF forward (1), Run LF forward (2), Run RF forward (&), 1/4 turn L, run LF forward with sweep RF back to front (3) 09:00
- 4&5 Cross RF over LF (4), Step LF to L side (&), Cross RF behind LF with sweep L from front to back (5)
- 6& Cross LF behind RF (6), ¼ turn R, step RF forward (&) 12:00
- 7-8 Step LF forward (7), ½ turn R, step RF forward (8) 06:00

*Tag here wall 2 (facing 06:00)

** Restart here wall 4 after 32 counts with step changes on 78 (facing 12:00)

[33-40] ROCK L FWD w/ARM, BALL ROCK R FWD w/ARM, BALL 1/4 L SWAY L/R/L, BASIC NC R

- 1-2& Rock LF forward with arms moving from side to front (1), Recover on R (2), Close LF next to RF (&)
- 3-4& Rock RF forward with arms moving from side to front (3), Recover on L (4), Close RF next to LF (&)
- 5-6& ¼ turn L, step LF to L side and sway L (5), Sway R (6), Sway L (&) 03:00
- 7-8& Large step RF to R side (7), Step LF close to RF (8), Cross RF over LF (&)

[41-48] DIAMOND 3/4 TURN, CROSS L, STEP R SIDE

- 1-2& Step LF to L side (1), 1/8 turn R, step RF back (2), Step LF back (&) 04:30

3-4& 1/8 turn R, step RF to R side (3), 1/8 turn R, step LF forward (4), Step RF forward (&) 7:30
5-6& 1/8 turn R, step LF to L side (5), 1/8 turn R, step RF back (6), Step LF back (&) 10:30
7-8& 1/8 turn R, step RF to R side (7), Cross LF over RF (8), Step RF to R side (&) 12:00

**[49-56] 1/8 TURN L ROCK L BACK, 1/8 TURN R STEP L SIDE, CROSS R w/SWEEP, BEHIND SIDE
CROSS TOUCH, UNWIND FULL TURN R w/SWEEP, BEHIND SIDE**

1-2 1/8 turn L, rock LF behind RF (1), Recover on R (2) 10:30
&3 1/8 turn R, step LF to L side (&), Cross RF behind LF with sweep L front to back (3) 12:00
4&5 Cross LF behind RF (4), Step RF to R side (&), Touch LF crossing over RF (5)
6-7 Unwind full turn R (6), Sweep RF from front to back (7)
8& Cross RF behind LF (8), Step LF to L side (&)

***TAG WALL 2 (facing 06:00) :**

1-2 Step LF forward (1), Hold (2)
3-4 Step RF forward (3), Hold (4)
5-6 1/2 turn L, step LF forward (5), Drag RF close to LF (6)

And restart the dance

****RESTART WALL 4 (facing 12:00) :**

After 30 counts, change the last 2 counts :

7-8 Step LF forward (7), Touch RF next to LF (8)

And restart the dance

*****ENDING 8 counts**

1-2 Step RF forward raising R arm to R side (1), Drag LF close to RF (2)
3-4 Step LF forward raising L arm to L side (3), Drag RF close to LF (4)

And for the last counts, just walk to leave the dance floor
