

# One Thing I Know

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver/Intermediate  
编舞者: Carissa Barth (USA) - June 2025  
音乐: 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**