

Number One

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: The Unknown Dancer
音乐: The Tide Is High - Blondie



Wait 16 counts. Start with trumpets during instrumental intro

CROSSOVER BREAKS, LEFT AND RIGHT (FACING 12:00)

1-2-3&4 Cross left over right on right diagonal; recover on to right; step left-right-left side-together-side
5-6-7&8 Cross right over left on left diagonal; recover on to left; step right-left-right side-together-side

PIVOT ½ RIGHT, TURN ½ RIGHT, ROCK BACK, 1 LOCK STEP FORWARD (FACING 12:00)

1-2-3&4 Step left forward; turn ½ right on to right; step left-right-left turning ½ right
5-6-7&8 Step right back; recover on to left; step right forward; step left forward crossed behind right;
step right forward

2 LOCK STEPS FORWARD, ROCK FORWARD, 1 LOCK STEP BACKWARD (FACING 12:00)

1&2-3&4 Step left forward; step right forward crossed behind left; step left forward; step right forward;
step left forward crossed behind right; step right forward
5-6-7&8 Step left forward; recover on to right; step left backward; step right backward crossed in front
of left; step left backward

2 LOCK STEPS BACKWARD, ROCK BACK, SIDE-TOGETHER-SIDE (FACING 12:00)

1&2-3&4 Step right backward; step left backward crossed in front of right; step right backward; step left
backward; step right backward crossed in front of left; step left backward
5-6-7&8 Step right back; recover on to left; step right-left-right side-together-side

ROCK FORWARD, SIDE-TOGETHER-SIDE, LEFT TRAVELING CHASSE (FACING 12:00)

1-2-3&4 Cross left over right on right diagonal; recover on to right; step left-right-left side-together-side
5-6-7&8 Step right in front of left turning ¼ left; step left forward (toward 9:00 wall) turning ¼ right;
step right in front of left turning ¼ left; step left forward; step right forward

ROCK FORWARD, SHUFFLE BACKWARDS, RIGHT TRAVELING CHASSE (FACING 9:00)

1-2-3&4 Step left forward; recover on to right; step left-right-left backward
5-6-7&8 Step right backwards turning ¼ right; step left behind right turning ¼ turn left; step right
backwards turning ¼ turn right; step left side together; step right side

CROSSOVER BREAK WITH ¼ TURN LEFT, ¼ TURN LEFT, SIDE, CROSS, SIDE-STEP-CROSS (FACING 12:00)

1-2-3&4 Cross left over right on right diagonal; recover on to right; step left-right-left side-together-step
turning ¼ left on count 4
5-6-7&8 Step right forward turning ¼ turn left; step left in front of right; step right side to right; step left
in place; step right in front of left to left

½ PIVOT RIGHT CHA-CHA FORWARD, ½ PIVOT LEFT CHA-CHA FORWARD (FACING 6:00)

1-2-3&4 Step left forward; turn ½ right on to right; step forward left-right-left
5-6-7&8 Step right forward; turn ½ left on to left; step forward right-left-right

REPEAT

TAG

When performed to "The Tide Is High" by Blondie, there is a 40-count break after the 4th repetition (facing the starting wall). There are also 4-count tags after the 2nd and 3d repetitions and at the end of the 40-count

break. The 4-count tag is easy to hear in the music if you listen for the lyric that simply keeps repeating the phrase "Number one, number one, ..." (This occurs three times in the song)

40-COUNT TAG

CROSSOVER BREAKS, LEFT AND RIGHT (FACING 12:00)

- 1-2-3&4 Cross left over right on right diagonal; recover on to right; step left-right-left side-together-side
5-6-7&8 Cross right over left on left diagonal; recover on to left; step right-left-right side-together-side

STROLL RIGHT, CROSSOVER BREAK (FACING 12:00)

- 1-2-3-4 Step left to right in front of right; step right side right; step left to right in back of right; step right side right
5-6-7&8 Cross left over right on right diagonal; recover on to right; step left-right-left side-together-side

STROLL LEFT, CROSSOVER BREAK (FACING 12:00)

- 1-2-3-4 Step right to right in front of left; step left side right; step right to right in back of left; step left side right
5-6-7&8 Cross right over left on left diagonal; recover on to left; step right-left-right side-together-side

½ PIVOT RIGHT CHA-CHA FORWARD, ½ PIVOT LEFT CHA-CHA FORWARD (FACING 12:00)

- 1-2-3&4 Step left forward; turn ½ right on to right; step forward left-right-left
5-6-7&8 Step right forward; turn ½ left on to left; step forward right-left-right

½ PIVOT RIGHT CHA-CHA FORWARD, ½ PIVOT LEFT CHA-CHA FORWARD (FACING 12:00)

- 1-2-3&4 Step left forward; turn ½ right on to right; step forward left-right-left
5-6-7&8 Step right forward; turn ½ left on to left; step forward right-left-right

4-COUNT TAG (FACING 12:00)

- 1-2-3-4& Step left big step to left; drag right toe up to left in 3 counts; step down on right (on "and" count) ready to start dance again. An advanced option as you drag the right toe is to move the left foot to the left by "walking" the left foot toe, heel, toe, heel. You can also draw a "wavy" line with the right toe as you drag it.
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