

# The One

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Fred Knopp (AUS) - June 2008  
音乐: The One - Gary Allan : (CD: All Right Guy)



**Original Position: Feet Together Weight On Left; Start After 24 Counts**

**Right Rock/Step Forward, Right Side With ¼ Turn Right, Left Cross, Right Side With ½ Turn Left, Left Side, Right Cross/Rock, Right Side, Left Cross, Right Side ¼ Turn Left, Left Rock Back**

1-2            Rock / step fwd on R, rock back on L  
&3            Step R to R with ¼ turn R, step L across in front of R  
&4            Step R to R with ½ turn L, step L to L  
5-6            Rock / step R across in front of L, rock back on L  
&7            Step R to R, step L across in front of R  
&8            Step R to R with ¼ turn L, rock back on L

**Rock Forward Right, Left Forward, Right Sailor Step, Left Behind, Right Side With ¼ Turn Right, Left Forward, Step Right Together & Pivot ½ Turn Right, Left Shuffle Forward**

9-10            Rock fwd on R, step fwd on L at a slight diagonal  
&11            Step R behind L, step L to L  
&12            Step R to R, step L behind  
13-14            Step R to R with ¼ turn R, step fwd on L  
&15            Step R next to L & pivot ½ turn R, step fwd on L  
&16            Step R next to L, step fwd on L (Restart occurs here)

**Right Rock/Step Forward, Right Together, Pivot ½ Turn Left, Shuffle Forward Left, Pivot ¼ Turn Left, Right Rock/ Step Forward, Right Back With ½ Turn Right, Left Forward, Pivot ¼ Right, Left Cross**

17-18            Rock / step fwd on R, rock back on L  
&19            Step R next to L, pivot ½ turn L & step fwd on L  
&20            Step R next to L, step fwd on L  
&            Pivot ¼ turn L on ball of L  
21-22            Rock / step fwd on R, rock back on L  
&23            Step back on R with ½ turn R, step fwd on L  
&24            Step on R with ¼ turn R, step L across in front of R

**Right Side, Left Behind, Right Weave, Right Side With ¼ Turn Right, Left Forward, Step Right Together & Pivot ½ Turn Right, Left Forward, Right Forward With ½ Turn Left, Left Forward**

25-26            Step R to R, step L behind R  
&27            Step R to R, step L across in front of R  
&28            Step R to R, step L behind R  
29-30            Step R to R with ¼ turn R, step fwd on L  
&31            Step R next to L & pivot ½ turn R, step fwd on L  
&32            Step fwd on R & pivot ½ turn L on ball of R, step fwd on L

**TAG:**

**AFTER the 2nd rep of the dance do the tag TWICE.**

**At the End of the 4th rep do the tag ONCE.**

**Right Step Forward, Left Rock/Step Forward, Left Step Back, Right Rock/Step Back**

1-2            Step fwd on R, rock fwd on L  
&3            Rock back on R, step back on L  
&4            Rock back on R, rock fwd on L

**RESTART:** On the 6th rep do the 1st 16 counts and then restart BUT pivot  $\frac{1}{4}$  turn left on the ball on the left as you restart to keep the dance in sync of a 2 wall dance.

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