

The Only Woman Shining

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sue Korek (USA) - 24 June 2025
音樂: You're the Only Woman - Ambrosia
或: Shine - Years & Years



Alternate Music:

Shine – Years & Years (5 July 2015) Intro: 16 counts, bpm=108

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Section 1 (SHUFFLE FWD RLR, ROCK FWD, SHUFFLE BACK LRL, ROCK BACK)

1&2 Shuffle forward RLR
3-4 Rock L forward, recover R
5&6 Shuffle back LRL
7-8 Rock R back, recover L

Section 2 (ROCK FWD, 1/4 TURN RIGHT SHUFFLE, ROCK FWD, 1/4 TURN LEFT SHUFFLE)

1-2 Rock R forward, recover L
3&4 1/4 turn right shuffle RLR forward (3:00)
5-6 Rock L forward, recover L
7&8 1/4 turn left shuffle LRL forward (12:00)

Section 3 (TWO CROSS POINTS, JAZZ BOX 1/4 TURN RIGHT)

1-2 Step R forward, point L to side
3-4 Step L forward, point R to side
5-6 Step R across L, step L back
7-8 1/4 turn right step R, step L beside R

Section 4 (MAMBO RIGHT, MAMBO LEFT, V-STEP)

1&2 Rock R to right, recover L, step R beside L
3&4 Rock L to left, recover R, step L beside R
5-6 Step R diagonally right, step L diagonally left
7-8 Step R right back, step L back

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