

Not The One

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate / Advanced NC2
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - September 2010
音樂: The One (feat. Pixie Lotte) - Stan Walker : (CD: From The Inside Out)



Starts After 16 Counts.

Rock, Recover & Cross, 1/4, 1/2, Side, Sweep/Behind & Rock, Recover & Cross.

- 1-2 Cross rock Left over Right, recover on Right.
- &3 Step Left to Left side, cross step Right over Left.
- &4 Make 1/4 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right.
- &5 Step Left to Left side, cross step Right behind Left as Left sweeps out.
- 6&7 Cross step Left behind Right, step Right to Right side, cross rock Left over Right.
- 8&1 Recover on Right, step Left to Left side, cross step Right over Left.

1/4, 1/2, 1/4 Side, Rock & 1/4, Back, Cross, 3/8, Step 1/2 Step.

- 2&3 Make 1/4 turn to Right stepping back on Left, 1/2 turn Right stepping forward on Right, 1/4 turn to Right stepping Left to Left side.
- 4&5 Cross rock Right behind Left, recover on Left, make 1/4 turn Left stepping back on Right.
- 6&7 Step back on Left, cross/lock Right over Left, make 3/8 turn to Left stepping forward Left. (1:30)
- &8& Step forward on Right, pivot 1/2 turn to Left, step forward on Right. (7:30)

Press, Back, Back, Back, 1/2, Step, 1/2, Step, 1/2, 1/2, Mambo Sweep.

- 1 Press forward on Left. (slightly bent knee into press)
- 2&3 Run back Right-Left-Right.
- 4&5 Make 1/2 turn to Left stepping forward on Left, step forward on Right, pivot 1/2 turn to Left. (7:30)
- 6&7 Step forward on Right, make 1/2 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right. (7:30)
- 8&1 Rock forward on Left, recover on Right, step back on Left as Right sweeps out. (7:30)

Behind 3/8 Step, Rock & Step, Back 1/2 Step, 1/2, 1/4. (Rock)

- 2&3 Cross step Right behind Left, make 3/8 turn to Left stepping forward on Left, step forward on Right. (3:00)
 - 4&5 Rock forward on Left, recover on Right, step back on Left.
 - 6&7 Step back on Right, make 1/2 turn to Left stepping forward on Left, step forward on Right. (9:00)
 - 8& Make 1/2 turn to Right stepping back on Left, 1/4 Right stepping Right to Right side. (6:00)
- (1) (Cross Rock Left over Right.)**

Restart With Small Step Change... Wall 3

Dance Up To & Including Count 7 Section 1... Then Change Steps & Count To..

- &8& Recover on Right, step Left to Left side, cross step Right over Left turning 1/8,
- You Will Be Facing The Right Corner On Back Wall..**
Begin Dance Again From Count 1.. Back Wall.