

The One

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Maureen Jones (UK) & Michelle Jones (UK)

Musik: I'm the One - Gary Allan



SYNCOPATED SIDE-WEAVES TWICE

- 1-2 Step right to right side, cross left behind right
- &3-4 Step right to right side, cross left over right, step right to right side
- 5-6 Step left to left side, cross right behind left
- &7-8 Step to left side, cross right over left, step left to left side

SCUFF-STOMP WITH ¼ TURN TWICE, ROCK BACK, SHUFFLE FORWARD

- 9-10 Making ¼ turn to left scuff right heel across in front of left, stomp right in place
- 11-12 Making ¼ turn to right scuff left heel across in front of right, stomp left in place
- 13-14 Rock right behind left, rock weight forward onto left
- 15&16 Shuffle forward on right, left, right

STEP, HOP & FLICK TWICE, SHUFFLE BACKWARDS TWICE

- 17-18 Step forward on left, flick right back while hopping slightly forward on left
- 19-20 Step forward on right, flick left back while hopping slightly forward on right
- 21&22 Shuffle back on left, right, left
- 23&24 Shuffle back on right, left, right

COASTER, KICK-BALL-TOUCH TWICE, UNWIND ¾ TURN LEFT

- 25&26 Step back on left, step right beside left, step forward on left
- 27&28 Kick right forward, step ball of right in place, touch left toes to left
- 29&30 Kick left forward, step ball of left in place, touch right toes to right
- 31-32 Cross right over left, unwind ¾ turn over left shoulder (weight remains on left)

REPEAT
