

# The One

Count: 64

Wand: 2

Ebene: Intermediate/Advanced

Choreograf/in: Claire Popkiss (UK)

Musik: The One - Backstreet Boys



## FULL TURN, ½ TURN HOOK, RIGHT SHUFFLE, LUNGE

- 1-2 Point right to right side, make a full turn right on the ball of left foot, bringing in right leg  
3-4 Point right to right side, pivot ½ turn right on ball of left, hooking right leg in front of left  
5&6 Step right forward, close left beside right, step right forward  
7-8 Step large step forward on left, leaning onto left, step back onto right

## 1 ½ TURNS MOVING BACKWARDS, TOUCH, SCUFF, FLICK, STOMP

- 1-2 Step back left turning ½ turn left, step forward right turning ½ turn left  
3-4 Step back left turning ½ turn left, kick right foot forward  
&5 Step forward right, touch left next to right  
&6 Step back left, touch right next to left  
7&8 Scuff right, flick right to right side, stomp right foot back

## SCUFF, ¼ TURN, LEFT SHUFFLE, SWIVEL HEELS TURNING ½

- 1-2 Scuff left foot, stomp left to left side (pointing left foot to 9:00) on count one clap when making a scuff  
3&4 Bounce heels three times while turning ¼ turn left, while doing so, roll hips to the left  
5&6 Step left forward, step right beside left, step left forward  
7&8 Step forward right swivel heels forward, swivel heels back, pivot ½ turn left

## SCUFF, ¼ TURN, LEFT SHUFFLE, SWIVEL HEELS TURNING ½

- 1-2 Scuff left foot, stomp left to left side (pointing left foot to 9:00) on count one clap while making the scuff  
3&4 Bounce heels three times while turning ¼ turn left, while doing so, roll hips to the left  
5&6 Step left forward, step right beside left, step left forward  
7&8 Step forward right swivel heels forward, swivel heels back, pivot ½ turn left

## SIDE SWITCHES, KICK, KICK, BACK SHUFFLE RIGHT

- 1&2 Point right toe to right side, step right beside left, point left to left side  
&3&4 Step left beside right, point right to right side, step right beside left, point left to left side  
&5 Step left beside right, kick right foot forward  
6 Kick right to right diagonal  
7&8 Step back right, step left beside right, step back right

## FULL TURN, SAILOR SHUFFLE, SAILOR SHUFFLE, LEFT SHUFFLE

- 1-2 Step back left turning ½ turn left, step forward right turning ½ turn left  
3&4 Step left behind right, step right beside left, step left in place  
5&6 Step right behind left, step left beside right, step right in place  
7&8 Step forward left, step right beside left, step left forward

## HEEL SWITCHES, ¼ TURN HIP BUMPS

- 1&2 Point right heel forward, step right beside left, point left heel forward  
&3&4 Step left beside right, point right heel forward, step right beside left, touch left in place  
5-6 Step left forward turning ¼ turn right pushing left hip out, bump right hip out  
7-8 Bump left hip out, touch right foot beside left

## RIGHT CHASSE, ¾ TURN, PADDLE TURNS

- 1&2 Step right to right side, step left beside right, step right to right side  
3-4 Step left to make a ¼ turn right, step forward right making a ½ turn right  
5& Turn ½ turn right - pointing left to left side, hitch left foot back in turning ¼ turn right  
6& Point left to left side, hitch left foot back in turning ¼ turn right  
7& Point left to left side, hitch left foot back in turning ¼ right  
8 Step left beside right taking weight

## **REPEAT**

## **TAG**

**After completing three walls, after the 20th count of the 4th wall:**

### **RONDE, REVERSE RONDE**

- 1-4 Step forward right, sweep left toe round to complete a full ronde turn to the right  
5-8 Step forward left, sweep right toe from behind to complete a reverse ronde turn to the left

### **STEP LOCK STEP LEFT, TOUCH, STEP LOCK STEP RIGHT, TOUCH**

- 1-3 Step back left, cross right over left, step left back  
4 Touch right beside left  
5-7 Step back right, cross left over right, step right back  
8 Touch left beside right

### **SWEEP, SLIDE**

- 1-4 Cross left behind right, make a large circle with left toe, moving to the right  
5-8 Step a large step forward with left, drag right foot to meet left foot  
1-4 Rock right to right side, recover, cross right over left, hold

### **CROSS ROCK RIGHT, CROSS ROCK LEFT**

- 5-8 Rock left to left side, recover, cross left over right, hold

### **1 ½ TURNS, SLIDE**

- 1-2 Step back right turning ½ turn right, step forward left turning ½ turn right  
3-4 Step back right turning ½ turn right, touch left beside right  
5-8 Step forward left, slide right beside left, weight remains on left

**Once tag has been completed, return to normal dance steps**

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