

# The One I Love

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Caz Mawby (UK)

Music: You're The One I Love - David Gray



## **CROSS ROCK- CHASSE ¼ TURN RIGHT -STEP PIVOT ½ TURN-STEP LOCK STEP**

- 1-2 Cross rock right over left, recover onto left  
3&4 Step right to side, step left next to right, step right ¼ turn right  
5-6 Step forward on left, pivot ½ turn right  
7&8 Step left forward, lock right behind left, step left forward

## **FULL TURN FORWARD-STEP LOCK STEP-FORWARD ROCK-COASTER STEP**

- 1-2 Make a ½ turn stepping back on right, make a ½ turn stepping forward on left  
3&4 Step right forward, lock left behind right, step right forward  
5-6 Rock forward on left, recover onto right  
7&8 Step back on left, step right together, step forward on left

## **FORWARD ROCK-TRIPLE ¾ TURN RIGHT-CROSS SIDE BEHIND SIDE CROSS**

- 1-2 Rock forward on right, recover onto left  
3&4 Triple ¾ turn right on a right, left, right  
5-6 Cross left over right, step right to side  
7&8 Cross left behind right, step right to side, cross left over right

## **SIDE ROCK- BEHIND ¼ TURN STEP-SKATE LEFT-SKATE RIGHT-SHUFFLE ½ TURN LEFT**

- 1-2 Rock right out to side, recover onto left  
3&4 Cross right behind left, stepping left forward make a ¼ turn left, step forward on right  
5-6 Skate forward left, skate forward right  
7&8 Shuffle ½ turn over left shoulder on a left, right, left

## **SWEEP CROSS-COASTER CROSS-SWEEP CROSS-COASTER CROSS**

- 1-2 Diagonally right sweep right in front of left, cross step right over left  
3&4 Step back on left, step right together, cross left over right  
5-6 Repeat counts 1-2  
7&8 Repeat counts 3&4

## **DIAGONAL FORWARD ROCK-BEHIND SIDE CROSS-SIDE ROCK-SAILOR ¼ TURN LEFT**

- 1-2 Rock right diagonally forward, recover onto left  
3&4 Cross right behind left, step left to side, cross right over left  
5-6 Rock left out to side, recover onto right  
7&8 Cross left behind right, step right ¼ turn left, step left in place

## **FORWARD ROCK- COASTER STEP-FORWARD ROCK- SHUFFLE ½ TURN LEFT**

- 1-2 Rock forward on right, recover onto left  
3&4 Step back onto right, step left together, step forward on right  
5-6 Rock forward on left, recover onto right  
7&8 Shuffle ½ turn over left shoulder on a left, right, left

## **STEP PIVOT ½ TURN LEFT-STEP LOCK-STEP LOCK STEP-SIDE STEP-TOUCH**

- 1-2 Step forward on right, pivot ½ turn left  
3-4 Step forward on right, lock left behind right  
5&6 Step forward on right, lock left behind right, step forward on right

7-8 Step large step to left side, touch right next to left

**REPEAT**

**ENDING**

**After 5th wall facing back dance ending as follows:**

1-2 Cross rock right over left, recover onto left

3&4 Triple  $\frac{1}{2}$  turn right to face front wall

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