

# The One

Count: 32

Wall: 4

Level: Improver

Choreographer: Tracey Howell & David Howell

Music: You're Beautiful - James Blunt



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## WALK FORWARD, ROCK, ¼ TURN RIGHT, SYNCOPATED WEAVE RIGHT, ¾ UNWIND TURN RIGHT

- 1-2 Walk forward right, left  
3&4 Rock right forward, recover onto left, turn ¼ right stepping right to right side  
5&6&7-8 Cross left over right, step right to right side, step left behind right, side right to right side, cross left over right, unwind ¾ turn right (weight ending on right)

## CROSS ROCK TWICE, CROSS POINT, CROSS UNWIND ½ TURN

- 9&10 Cross left over right, step right to right, step left in place (traveling slightly forward)  
11&12 Cross right over left, step left to left, step right in place (traveling slightly forward)  
13-14 Cross left over right, point right to right diagonal  
15-16 Cross right over left, unwind ½ turn left (weight ending on right)

## SAILOR STEP, SAILOR ¼ TURN RIGHT, SYNCOPATED WEAVE, CROSS POINT

- 17&18 Cross left behind right, step right to right side, step left beside right  
19&20 Cross right behind left, step left ¼ turn right, step right to right side  
21&22&23-24 Cross left behind right, step right to right, cross left in front of right, step right to right side, cross left behind right, point right to right side

## CROSS POINT TWICE, KICK BALL CHANGE, SWEEP ½ TURN

- 25-26 Cross right over left, point left to left, diagonal  
27-28 Cross left over right, point right to right, diagonal  
29&30 Right kick ball change  
31-32 Sweep right around left ½ turn left, touch right beside left

## REPEAT

## TAG

During wall three dance to count 20 (end of sailor steps), then start the dance again from the beginning

- 1-2 Step left forward, touch right beside left
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