

Be The One

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Sharon Walton (UK)

Music: The One - Backstreet Boys



STEP, CROSS, HOLD TWICE, RIGHT HEEL JACK, ROCK RIGHT & RECOVER

- 1&2 Step left to left side, cross right over left, hold
- 3&4 Step left to left side, cross right over left, hold
- &5 Step left diagonally back left, touch right heel diagonally forward
- &6 Step right in place, step left beside right
- 7-8 Rock right to right side, rock left in place

COASTER STEP, STEP, ½ PIVOT RIGHT TWICE, POINT, HITCH, POINT

- 9&10 Step back right, step left beside right, step forward right
- 11-12 Step forward left, pivot ½ turn right
- 13-14 Step forward left, pivot ½ turn right
- 15&16 Touch left to left side, hitch left knee up towards right knee, touch left to left side

SAILOR STEP, STEP, ¼ PIVOT LEFT, CROSS ROCK, FULL TURN RIGHT

- 17&18 Cross left behind right, step right to right side, step left to place
- 19-20 Step forward right, pivot ¼ turn left
- 21-22 Cross rock right over left, rock back on to left
- 23 On ball of left spin ½ turn right, stepping forward right
- 24 On ball of right spin ½ turn right, stepping back left

STEP, SCUFF, STEP, SHUFFLE FORWARD, CHARLESTON STEPS

- &25-26 Step forward right, scuff left foot forward, step forward left
- 27&28 Step forward right, close left beside right, step forward left
- 29-30 Step forward left, touch right forward of left
- 31-32 Step right back behind left, touch left back behind right

REPEAT
