

# The One

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Adeline Cheng (MY), Aprillia Munarwati (INA), Yulia P M (INA) & Happy Dancing Club (INA) - August 2022

**Musique:** One Last Time - Ariana Grande



## Intro 16 counts

### SECTION 1 : BOTAFOGO, STEP FORWARD, TOUCH BESIDE, SAILOR ¼ L

- 1 & 2 Cross RF Over LF, Step LF To Side, Recover On RF
- 3 & 4 Cross LF Over RF, Step RF To Side, Recover On LF
- 5 – 6 Step RF Forward, Touch LF beside RF
- 7 & 8 Turn ¼ L Cross LF Behind RF (facing 9.00), Step RF to side, Step LF to side

### SECTION 2 : V STEP ¼ TURN R, CROSS ¼ TURN R TOUCH SIDE, CROSS BEHIND TOUCH SIDE

- 1 – 2 Step RF Diagonal Forward, Step LF Diagonal Forward
- 3 – 4 Turn ¼ R Step RF To Side (facing 12.00), Step LF Beside RF
- 5 – 6 Turn ¼ R Step RF Over LF (facing 3.00), Touch LF to L Side
- 7 – 8 Step Back LF behind RF, Touch RF to R Side

### SECTION 3 : SYNCOPATHED WEAVE L, CROSS ROCK RECOVER, SHUFFLE ¼ TURN R

- 1&2& Cross RF Over LF, Step LF to Side, Cross RF Behind LF, Step LF to Side
- 3&4& Cross RF Over LF, Step LF to Side, Cross RF Behind LF, Step LF to Side
- 5 – 6 Cross RF Over LF, Recover LF
- 7 & 8 Step RF to Side, Step LF beside RF, Turn ¼ R Stepping RF Forward (facing 6.00)

### SECTION 4 : TRIPLE TURN ¾ L, DIAGONAL FORWARD TOUCH, DIAGONAL BACK TOUCH

- 1 – 2 Step LF Forward, Recover on RF
- 3 & 4 Turn ½ Step LF Forward (facing 12.00), Step RF Beside LF, Turn ¼ L Step LF Forward (facing 9.00)
- 5 – 6 Step RF Diagonal Forward, Touch LF Beside RF
- 7 – 8 Step LF Diagonal Back, Touch RF beside LF

**NO TAG NO RESTART**

**HAVE FUN & ENJOY THE DANCE!!**

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