

One

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Amy Brockmann (USA) & Junior Willis (USA)

Musique: One - Bee Gees



TRIPLE STEP, ROCK STEP, TURN ¼, SAILOR STEP, SAILOR STEP

- 1&2 Step left to side, touch right together, step left to side
3-4 Cross/rock right over left, recover on left
5&6 Sweep right from front to back and cross right behind left, turn ¼ right and step left to side, step right to side
7&8 Cross left behind right, step right to side, step left to side

WIZARD STEP RIGHT, WIZARD LEFT, TURN ½, STEP, STEP, HOLD

- 1-2& Step right forward, lock left behind right, step right forward
3-4& Step left forward, lock right behind left, step left forward
5-6 Step right forward, turn ½ left (weight to left)
&7-8 Step right to side, step left to side, clap

SHAKE, SHAKE, ROCK, RECOVER, SAILOR WITH TURN ¼ RIGHT

- 1&2 Step right to side and bump hips right, left, right
3&4 Step left to side and bump hips left, right, left
5-6 Rock right to side, recover to left
7&8 Sweep right from side to back and cross right behind left, turn ¼ right and step left to side, step right to side

STEP, TOUCH, STEP, TOUCH, JAZZ BOX TURN ¼ LEFT

- 1-2 Step left forward, touch right to side
3-4 Step right forward, touch left to side
5-6 Cross left over right, step right back
7-8 Turn ¼ left and step left together, cross right over left

Variation:

- 7-8 Turn ¼ left and step left together, step right together

REPEAT
