

# The One

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Maureen Jones (UK) & Michelle Jones (UK)

**Musique:** I'm the One - Gary Allan



## **SYNCOPATED SIDE-WEAVES TWICE**

- 1-2 Step right to right side, cross left behind right
- &3-4 Step right to right side, cross left over right, step right to right side
- 5-6 Step left to left side, cross right behind left
- &7-8 Step to left side, cross right over left, step left to left side

## **SCUFF-STOMP WITH ¼ TURN TWICE, ROCK BACK, SHUFFLE FORWARD**

- 9-10 Making ¼ turn to left scuff right heel across in front of left, stomp right in place
- 11-12 Making ¼ turn to right scuff left heel across in front of right, stomp left in place
- 13-14 Rock right behind left, rock weight forward onto left
- 15&16 Shuffle forward on right, left, right

## **STEP, HOP & FLICK TWICE, SHUFFLE BACKWARDS TWICE**

- 17-18 Step forward on left, flick right back while hopping slightly forward on left
- 19-20 Step forward on right, flick left back while hopping slightly forward on right
- 21&22 Shuffle back on left, right, left
- 23&24 Shuffle back on right, left, right

## **COASTER, KICK-BALL-TOUCH TWICE, UNWIND ¾ TURN LEFT**

- 25&26 Step back on left, step right beside left, step forward on left
- 27&28 Kick right forward, step ball of right in place, touch left toes to left
- 29&30 Kick left forward, step ball of left in place, touch right toes to right
- 31-32 Cross right over left, unwind ¾ turn over left shoulder (weight remains on left)

## **REPEAT**

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