

# The One (Pero No Como Yo)

拍数: 32

墙数: 2

级数: Improver

编舞者: Hanna Pitkänen (FIN) - March 2024

音乐: The One (Pero No Como Yo) - Carin Leon & Kane Brown



Tag comes after walls 1 and 2, explained on the bottom of this stepsheet  
Start the dance with the word "OK", approx. 5 second into track.

**[1-8]: Side, touch, side, behind, side, cross, cross rock, back rock, cross**

- 1&2 Step RF to side (1), touch LF next to RF (&), step LF to side (2)
- 3&4 Step RF behind LF (3), step LF to side (&), cross RF over LF (4)
- 5& Cross rock LF over RF (5), recover weight to RF (&)
- 6& Rock LF back (6), recover weight to RF (&)
- 7 Cross LF over RF (7)

**[9-16]: Side ¼ turn, side rock, ½ turn, side rock, ¼ turn, full turning box, out, out, 8 Step RF to side (8) \*see arm movements below**

- 1& ¼ turn left into a side rock with LF (1), recover weight to RF (&) 9:00\*\*
- 2,3 ¼ turn right stepping LF to side (2) ¼ turn right into a side rock with RF (3) 3:00
- &4 Recover weight to LF (&) ¼ turn left stepping RF to side (4) 12:00
- \*\*Easier option is to not turn at all during these "turning back rock steps" just do a back rock recover (1&), side (2), back rock recover (3&), side (4)
- &5 Touch LF next to RF (&), ¼ turn left stepping LF to side (5) 9:00
- &6 Touch RF next to LF (&), ¼ turn left stepping RF to side (6) 6:00
- &7 Touch LF next to RF (&), ½ turn left stepping LF forward (7) 12:00
- 8 Step on ball of RF out to diagonal forward right (8)
- & Step on ball of LF out to diagonal forward left (&)

\* Optional hand movements for turning rock steps :

Slide your left hand above your head from front to back on count 8, push your left hand towards the back wall with a straight arm on count 1.

Slide your right hand above your head from front to back on count 2, push your right hand towards the back wall with a straight arm on count 3.

**[17-24]: behind, sweep, knee pop, 1/8 turn, kick, back, hook, extended shuffle, step, pivot ½ turn**

- 1 Step RF behind LF as you sweep LF from front to back (1)
- 2 Lock LF behind RF as you pop out your knee (2)
- 3& 1/8 turn right stepping RF forward (3), kick LF across RF (&) 1.30
- 4& Step back LF (4), hook RF over left chin (&)
- 5&6 Step RF forward (5), step LF behind RF (&), step RF forward (6)
- &7 Step LF behind RF (&), step RF forward (7)
- 8& Step LF forward (8), pivot ½ turn right as you recover weight to RF (&) 7.30

**[25-32]: Cross, 1/8 turn, behind, side, cross, ½ of rumba box**

- 1,2 Cross LF over RF (1), 1/8 turn left squaring back to 12.00 stepping RF to side (2)
- 3&4 Step LF behind RF (3), step RF to side (&), cross LF over RF (4)
- 5&6 Step RF to side (5), step LF next to RF (&), step RF forward (6)
- 7,8 Step LF to side (7), Point RF behind LF (8)

**Start again**

**TAG: 8 count long tag comes after walls 1 and 2 facing the back.**

**[1-8]: Side, back rock, side, back rock, forward, pivot ½ turn, ½ turn, stomp, hold**

- 1,2&        Step RF to side (1), rock back LF (2), recover weight to RF (&)  
3,4&        Step LF to side (3), rock back RF (4), recover weight to LF (&) 12:00  
5,6&        Step RF forward (5), step LF forward (6), ½ turn right as you recover weight to LF (&) 6:00  
7,8         Turn ½ right as you stomp RF to side (7), hold (8) 12:00

Have fun dancing!

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