

# The One I Love

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Caz Mawby (UK)  
音乐: You're The One I Love - David Gray



## CROSS ROCK- CHASSE ¼ TURN RIGHT -STEP PIVOT ½ TURN-STEP LOCK STEP

1-2            Cross rock right over left, recover onto left  
3&4           Step right to side, step left next to right, step right ¼ turn right  
5-6           Step forward on left, pivot ½ turn right  
7&8           Step left forward, lock right behind left, step left forward

## FULL TURN FORWARD-STEP LOCK STEP-FORWARD ROCK-COASTER STEP

1-2            Make a ½ turn stepping back on right, make a ½ turn stepping forward on left  
3&4           Step right forward, lock left behind right, step right forward  
5-6           Rock forward on left, recover onto right  
7&8           Step back on left, step right together, step forward on left

## FORWARD ROCK-TRIPLE ¾ TURN RIGHT-CROSS SIDE BEHIND SIDE CROSS

1-2            Rock forward on right, recover onto left  
3&4           Triple ¾ turn right on a right, left, right  
5-6           Cross left over right, step right to side  
7&8           Cross left behind right, step right to side, cross left over right

## SIDE ROCK- BEHIND ¼ TURN STEP-SKATE LEFT-SKATE RIGHT-SHUFFLE ½ TURN LEFT

1-2            Rock right out to side, recover onto left  
3&4           Cross right behind left, stepping left forward make a ¼ turn left, step forward on right  
5-6           Skate forward left, skate forward right  
7&8           Shuffle ½ turn over left shoulder on a left, right, left

## SWEEP CROSS-COASTER CROSS-SWEEP CROSS-COASTER CROSS

1-2            Diagonally right sweep right in front of left, cross step right over left  
3&4           Step back on left, step right together, cross left over right  
5-6           Repeat counts 1-2  
7&8           Repeat counts 3&4

## DIAGONAL FORWARD ROCK-BEHIND SIDE CROSS-SIDE ROCK-SAILOR ¼ TURN LEFT

1-2            Rock right diagonally forward, recover onto left  
3&4           Cross right behind left, step left to side, cross right over left  
5-6           Rock left out to side, recover onto right  
7&8           Cross left behind right, step right ¼ turn left, step left in place

## FORWARD ROCK- COASTER STEP-FORWARD ROCK- SHUFFLE ½ TURN LEFT

1-2            Rock forward on right, recover onto left  
3&4           Step back onto right, step left together, step forward on right  
5-6           Rock forward on left, recover onto right  
7&8           Shuffle ½ turn over left shoulder on a left, right, left

## STEP PIVOT ½ TURN LEFT-STEP LOCK-STEP LOCK STEP-SIDE STEP-TOUCH

1-2            Step forward on right, pivot ½ turn left  
3-4           Step forward on right, lock left behind right  
5&6           Step forward on right, lock left behind right, step forward on right

7-8 Step large step to left side, touch right next to left

**REPEAT**

**ENDING**

**After 5th wall facing back dance ending as follows:**

1-2 Cross rock right over left, recover onto left

3&4 Triple  $\frac{1}{2}$  turn right to face front wall

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