

# The One

拍数: 32      墙数: 4      级数: Improver  
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音乐: 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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