

The One

拍数: 32 墙数: 4 级数: Improver
编舞者: Maureen Jones (UK) & Michelle Jones (UK)
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
