

The One

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Doug Westerlund (USA)
音乐: The One - Backstreet Boys



KICK BALL CROSS, SIDE ROCK CROSS, KICK BALL CROSS, SIDE ROCK CROSS

- 1&2 Kick right foot forward, step right foot in place, cross step left over right foot
- 3&4 Step right foot to right, step left foot back, cross step right foot over the left foot
- 5&6 Kick left foot forward, step left foot in place, cross step right foot over the left foot
- 7&8 Step left foot to the left, step right foot back, cross step left foot over the right foot

KICK BALL CROSS, SIDE ROCKS, ¼ LEFT PIVOT, ¼ LEFT PIVOT, ½ LEFT PIVOT, STOMP

- 1&2 Kick right foot forward, step right foot in place, cross step left over right foot
- 3&4 Step right foot to right, recover to the left foot, shift weight back to the right foot, (use hip action during the right, left, right side rocks)
- 5-8 Pivoting on right foot ¼ left turn landing on left foot, pivoting on left foot ¼ left turn landing on right foot, pivoting on right foot ½ left turn landing on left foot, stomp right foot along side left foot

SAILOR STEP, SAILOR STEP, SHUFFLE FORWARD, STEP PIVOT ½

- 1&2 Swing and step left foot behind right foot, step right foot in place, step left foot along side of right foot
- 3&4 Swing and step right foot behind left foot, step left foot in place, step right foot along side left foot
- 5&6 Step left foot forward, step right foot along side left foot, and step left foot forward
- 7-8 Step right foot forward, pivot on right foot turning ½ turn to the left (finish with weight forward on the left foot)

SIDE ROCK FORWARD, SIDE ROCK FORWARD, STEP PIVOTS (TWICE)

- 1&2 Step right foot to the right side, step left foot to the left side, step right foot forward
- 3&4 Step left foot to the left side, step right foot to the right side, step left foot forward
- 5-8 Step right foot forward, pivot on right foot turning to the left putting weight on the left foot, repeat steps 5-6

REPEAT
