

# 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**

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