

# The One

拍数: 48      墙数: 2      级数: Intermediate/Advanced  
编舞者: Rachael Miller (UK)  
音乐: The One - Backstreet Boys



## KICK BALL CHANGE, BODY ROLL, HEEL JACKS

- 1&2 Kick right forward, step right back slightly, step left back slightly
- 3-4 Body roll forward starting with shoulders then body
- &5 Step right back, put left heel out
- &6 Step left next to right, then right next to left
- &7 Step left back, put right heel out
- &8 Step right next to left, then left next to right

## JUMP OUT & IN, SIDE STEP TOUCH CROSS UNWIND

- &1 Jump right out, jump left out
- &2 Jump right in, jump left in
- 3-4 Step right to right side, touch left beside right. On count 4 sharply turn head to face right side
- 5&6 Step forward left, close right beside left, step forward left
- 7-8 Cross right foot in front of left, unwind  $\frac{1}{2}$  turn left

## APPLEJACKS, PIGEON TOES LEFT & RIGHT

- &1 Taking weight on left toe and right heel, swivel left heel and right toe left and return to place
- &2 Taking weight on right toe and left heel, swivel right heel and left toe and return to place
- 3&4 Heels together, toes together, heels together
- 5-8 Repeat steps &1-4 going left

## KICK & CROSS OUT TWICE WITH $\frac{1}{4}$ TURN, GRAPEVINE, STOMP TWICE

- 1&2 Kick right forward, cross right over left, touch left toe to left side
- 3&4 Kick left forward, cross left over right, touch right to right side turning  $\frac{1}{4}$  right
- 5-6 Step right to right side, cross left behind right
- 7&8 Step right out to right side, jump forward twice on balls of both feet

## SIDE, TOGETHER SIDE TOUCH

- 1-2 Step left to left side, step right next to left
- 3&4 Step left to left side, touch right next to left, touch right to right side
- 5-6 Step right to right side, step left next to right
- 7&8 Step right to right side, touch left next to right, touch left to left side

## PIVOT $\frac{1}{2}$ , PIVOT $\frac{1}{4}$ , LOCK STEP, SCUFF, STOMP

- 1-2 Step left forward, pivot  $\frac{1}{2}$  turn right
- 3-4 Step left forward, pivot  $\frac{1}{4}$  turn right
- 5&6 Step right forward, lock left behind right, step right forward
- 7-8 Scuff left forward bring down and stomp

## REPEAT