

# The One

拍数: 32      墙数: 4      级数: Improver  
编舞者: Tracey Howell & David Howell  
音乐: You're Beautiful - James Blunt



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## WALK FORWARD, ROCK, ¼ TURN RIGHT, SYNCOPATED WEAVE RIGHT, ¾ UNWIND TURN RIGHT

1-2      Walk forward right, left  
3&4      Rock right forward, recover onto left, turn ¼ right stepping right to right side  
5&6&7-8      Cross left over right, step right to right side, step left behind right, side right to right side, cross left over right, unwind ¾ turn right (weight ending on right)

## CROSS ROCK TWICE, CROSS POINT, CROSS UNWIND ½ TURN

9&10      Cross left over right, step right to right, step left in place (traveling slightly forward)  
11&12      Cross right over left, step left to left, step right in place (traveling slightly forward)  
13-14      Cross left over right, point right to right diagonal  
15-16      Cross right over left, unwind ½ turn left (weight ending on right)

## SAILOR STEP, SAILOR ¼ TURN RIGHT, SYNCOPATED WEAVE, CROSS POINT

17&18      Cross left behind right, step right to right side, step left beside right  
19&20      Cross right behind left, step left ¼ turn right, step right to right side  
21&22&23-24      Cross left behind right, step right to right, cross left in front of right, step right to right side, cross left behind right, point right to right side

## CROSS POINT TWICE, KICK BALL CHANGE, SWEEP ½ TURN

25-26      Cross right over left, point left to left, diagonal  
27-28      Cross left over right, point right to right, diagonal  
29&30      Right kick ball change  
31-32      Sweep right around left ½ turn left, touch right beside left

## REPEAT

## TAG

During wall three dance to count 20 (end of sailor steps), then start the dance again from the beginning

1-2      Step left forward, touch right beside left

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