

# The One

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: John Dowling (UK)  
音乐: You're The One I Love - David Gray



## **½ TURN LEFT, ROCK RECOVER, LEFT SHUFFLE FORWARD, ½ TURN LEFT, ROCK RECOVER**

- 1-2      Make a ½ turn left stepping forward on right, rock step back on left  
3      Recover weight forward onto right  
4&5      Step left forward, slide right to meet left, step left forward  
6-7      Make a ½ turn left stepping forward on right, rock step back on left  
8      Recover weight forward onto right

## **ROCKING HORSE TO LEFT DIAGONAL, LEFT CHASSE, CROSS ROCK BEHIND RECOVER**

- 1-2      Rock step forward on left (to left diagonal), rock weight back onto right  
3-4      Rock step back on left behind right, rock weight forward onto right  
5&6      Chasse left stepping left to side, slide right next to left, step left to side  
7-8      Rock step back on right behind left, rock weight forward onto left

## **ROCKING HORSE TO RIGHT DIAGONAL, RIGHT CHASSE, CROSS UNWIND ½ TURN LEFT**

- 1-2      Rock step forward on right (to right diagonal), rock weight back onto left  
3-4      Rock step back on right behind left, rock weight forward onto left  
5&6      Chasse right stepping right to side, slide left next to right, step right to side  
7-8      Cross step left behind right, unwind ½ turn left

## **JAZZ BOX WITH ¼ TURN RIGHT, WALK FORWARD TWICE, STEP FORWARD PIVOT ½ TURN LEFT**

- 1-2      Cross step right over left, step slightly back on left  
3-4      ¼ turn right stepping slightly forward on right, step left forward  
5-6      Walk forward right, walk forward left  
7-8      Step right forward, pivot ½ turn left

## **RIGHT SHUFFLE FORWARD WITH ½ TURN LEFT, LEFT ROCK BACK RECOVER, FORWARD SHUFFLES TWICE**

- 1&2      Make a ½ turn left stepping forward on right, sliding left next to right, stepping back on right  
3-4      Rock step back on left, recover forward onto right  
5&6      Step left forward, slide right to meet left, step left forward  
7&8      Step right forward, slide left to meet right, step right forward

## **LEFT STEP FORWARD WITH ¼ TURN RIGHT, CROSS STEP, HOLD, SIDE STEP, HOLD, CROSSING SHUFFLE**

- 1-2      Step left forward with a ¼ turn right, move weight onto right in place  
3-4      Cross step left over right, hold (body angled slightly to right diagonal)  
5-6      Step right to side, hold  
7&8      Cross step left over right, step right slightly to side, cross step left over right

## **SIDE ROCK RECOVER, CROSS STEP, HOLD, SIDE STEP, HOLD, CROSSING SHUFFLE**

- 1-2      Rock step right to side, recover weight onto left in place  
3-4      Cross step right over left, hold (body angled slightly to left diagonal)  
5-6      Step left to side, hold  
7-8      Cross step right over left, step left slightly to side, cross step right over left

## **¼ TURN LEFT ROCK STEP RECOVER, ½ TURN LEFT SHUFFLE, STEP, PIVOT ½ TURN LEFT, WALK TWICE**

- 1-2 Completing a  $\frac{1}{4}$  turn left rock step left forward, recover weight back onto right
- 3&4 Make  $\frac{1}{2}$  turn over left shoulder stepping forward on left, step right next to left, step forward left
- 5-6 Right step forward, pivot  $\frac{1}{2}$  turn left
- 7-8 Walk forward right, walk forward left

**REPEAT**

**DANCE END**

**After 5 walls finish the dance with an extra step forward**

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