

The Only One

拍数: 32 墙数: 1 级数: Intermediate
编舞者: Ben Summerell (AUS)
音乐: One Voice - Billy Gilman



WALK, WALK, COASTER STEP, BACK, BACK, BACK, STEP, SIDE, CROSS, STEP

1-2-3&4 Step left forward, step right forward, step left forward, step right together, step left back
&5-6-7&8 Step right back, step left back, step right back, step left back, step right together, step left to left side
& Step right in place

¼ TURN, ROCK, ¼ TURN, ¼ TURN, ROCK, ½ PIVOT, 1 ¼ TURN, STEP BACK

1-2& Turning ¼ right step left forward, rock/step on right, ¼ turn left stepping left together
3-4& Turning ¼ left step right forward, rock/step on left, ¼ turn right stepping right together
5-6-7 Step left forward, pivot ¼ right, step left forward, ½ turn left stepping right in place,
&8& ½ turn left stepping left together, ¼ turn left stepping right back (facing front wall), step left back

STEP, STEP, TOGETHER, CROSS, STEP, STEP, SLIDE, STEP, SLIDE, ROCK, STEP, ¼ TURN

1&2&3 Step right to right side, step left to left side, step right together, cross step left over right, step right to right side
&4-5 Step left on 45 degree left forward, step right behind left, step on 45 degree left forward
6&7-8 Step right behind left, step left together, rock right on the left 45 degree across left, rock back on left
& Turning ¼ right step forward on right (facing 3:00)

STEP, ROCK, STEP, STEP, ROCK, STEP, ¼ PIVOT, BACK, FULL TURN

1-2&3-4 Step left forward, rock right in place, step left together, step right forward, rock left in place
&5-6-7& Step right together, step left forward, pivot ¼ right, step left forward, step right back
8& ½ turn left stepping left in place, ½ turn left stepping right in place

REPEAT

RESTART

On wall 3, restart the dance after the first 8& counts

On wall 6, restart the dance after the second lot of 8 counts, leave the last & out and restart the dance