

# The One

拍數: 32      牆數: 2      級數: Intermediate  
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音樂: Daddy - Abby Anderson



## #16 counts intro

**Section 1: Step L fwd, step R fwd, 1/2 turn L, recover L, step R fwd, full turn R, lock step, walk R fwd, rock L fwd, recover R**

1            Step LF forward,  
2&3        Step RF forward, turn 1/2 L, recover on LF, step RF forward  
4&5        Turn 1/2 R, step LF backwards, turn 1/2 R, step RF forward, step LF forward  
&6        Lock RF behind LF, step LF forward  
7-8&      Walk RF forward, rock LF forward, recover on RF

**Count 7-8. You can sweep R and LF from back to front as you walk fwd. □**

**Section 2: Slide backwards L, coaster step R, scissor step 1/4 turn R, point R, full turn R, rock L, recover R, cross L □**

1            Step/slide backwards on LF  
2&3        Step RF backwards, step LF next to RF, step RF forward  
4&5        Step LF forward, turn 1/4 R(9.00), recover on RF, cross LF over RF  
6-7        Pont RF to R, make a full turn R(9.00), and drag RF towards LF  
&8        Rock LF to L, recover on RF  
&        Cross LF over RF

**Section 3: Night club basic R, 1/4 turn L, step 1/2 turn L, press R, recover L, 1/2 turn R, coaster cross R**

1-2&      Step RF to R, cross LF behind RF, cross RF over LF  
3            Turn 1/4 L(6.00), step LF forward  
4&5        Step RF forward, turn 1/2 L(12.00), recover on LF, press RF forward  
6            Recover on LF, turn 1/2 R(6.00)  
7&8        Step RF backwards, step LF next to RF, cross RF over LF

**Section 4: Side L, cross R, Sweep L, cross L, side R, behind L, sweep R, coaster cross R, full turn L, rock L, recover R**

&1        Step LF to L, cross RF in front of LF, sweep LF from back to front  
2&3        Cross RF over LF, step RF to R, cross LF behind RF, sweep RF from front to back  
4&5        Cross RF behind LF, step LF to L, cross RF over LF  
6-8        Make a full turn L, rock LF backwards, recover on RF

## Tags:-

**Tag 1: 4 count Tag after wall 2 facing 12**

1-4        Change weight L-R-L-R

**Tag 2: 4& count Tag in wall 5 after section 2. Facing 9**

1-2        Change weight R-L

3-4&      Change weight R-L change weight R and turn 1/4 R(12.00)

**Restart: After the Tag in wall 5, facing 12.**