

# The One

拍數: 32      牆數: 2      級數: Newcomer  
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音樂: The One - Tamara Walker



**Note : 2 restarts**

**(S1) SIDE STEP, BACK CROSS ROCK STEP, CHASSÉ, CROSS ROCK STEP, CHASSÉ 1/4 TURN R**

1-3            RF side step, LF cross behind RF, RF replace weight  
4&5           LF side step, RF together, LF side step  
6-7           RF cross step, LF replace weight  
8&1           RF side step, LF together, RF 1/4 turn R step forward

**(S2) PIVOT TURN, LOCK STEP, POINT, POINT, BEHIND, SIDE, CROSS**

2-3            LF step forward, 1/2 turn R  
4&5           LF step forward, RF cross behind, LF step forward  
6-7           RF touch toe forward, touch toe R side  
8&1           RF behind LF, LF side step, RF cross step

**(S3) SIDE STEP, HIPSWAYS, CHASSÉ, BACK ROCK STEP, LOCK STEP**

2-3            LF side step and sway hip L, sway hip R  
4&5           LF side step, RF together, LF side step  
6-7           RF step back, LF replace weight  
8&1           RF step forward, LF cross behind, RF step forward

**(S4) PIVOT TURN, FULL TURN R, 1/4 PIVOT TURN, CROSS**

2-3            LF step forward, 1/2 turn R  
4-5           LF 1/2 turn R and step back, RF 1/2 turn R and step forward  
6-7           LF step forward, 1/4 turn R (weight on RF)  
8               LF cross

**RESTART wall 4 & 8**

**Dance up to count 8 of S2, than on & make 1/4 turn L and LF step forw.  
Start over!!**

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