

The One

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - April 2021
音樂: The One - Rea Garvey & VIZE : (Spotify)



[8 counts intro/ Dance starts slightly (2 counts) before lyrics]

[S1] Fwd, Fwd, Twist-Recover, Coaster Step, Side Rock

1 2 Step forward on R, Step forward on L
3 4 Twist both heels to the right (facing 3:00), Recover/twist back to the centre (facing 12:00)
5&6 Step back on L, Step R next to L, Step forward on L
7 8 Rock R to the side, Recover weight on L

[S2] Back, Back, Twist-Recover, Behind-1/4L-Fwd, Step-Pivot 1/4R-1/4R

1 2 Step back on R, Step back on L
3 4 Twist both heels to the left (facing 9:00), Recover/twist back to the centre (facing 12:00)
5&6 Step R behind L, Make a ¼ turn left stepping L beside R, Step forward on R
7 8& Step forward on L, Make a ¼ turn right recover weight on R, Make a ¼ turn right stepping L
 to
 the side (3:00)

[S3] Behind Rock-Side, Behind, 1/4R, Side Rock-Hinge Turn 1/2L-Touch

1 2& Rock R behind L, Recover weight on L, Step R to the side
3 4 Step L behind R, Make a ¼ turn right stepping forward on R (6:00)
5 6 Rock L to the side, Recover weight on R
7 8 Make a ½ hinge turn to the left stepping L to the side, Touch R toes next to L (12:00)

[S4] Rolling Figure 8

1 2 Make a ¼ turn right stepping forward on R, Make a ½ turn right stepping back on L (9:00)
3 4 Make a ½ turn right stepping forward on R, Step forward on L (3:00)
5 6 Make a ½ turn right recover weight on R, Make a ¼ turn right stepping L to the side (12:00)
7 8 Step R behind L, Make a ¼ turn left stepping forward on L (9:00)

***1st Tag: The end of Wall 4 (12:00) - 2x Pivot 1/2L**

1 2 Step forward on R, Make a ½ turn left recover weight on L
3 4 Step forward on R, Make a ½ turn left recover weight on L

****2nd Tag: The end of Wall 8 (12:00) - 2x Pivot 1/2L, Rocking Chair**

1 2 Step forward on R, Make a ½ turn left recover weight on L
3 4 Step forward on R, Make a ½ turn left recover weight on L
5 6 Rock forward on R, Recover weight on L
7 8 Rock back on R, Recover weight on L

Ending suggestion: The dance finishes at 6:00, Make a further 1/2L turn stepping back on L (12:00).

**Please feel free to contact me if you need any further information.(hirokoinedancing@gmail.com)
(updated: 6/Apr/21)**