

The One

拍數: 32 牆數: 4 級數: Beginner
編舞者: Diana Oglesby (USA) - December 2022
音樂: The One - Music Travel Love



Intro: 16 Counts, start with weight on L
*1 tag (2 counts) at the end of wall 1
**1 Restart on wall 3 after 16 counts
***1 tag (4 counts) at the end of wall 4
See instructions below for details on tags

S1 (1-8) STEP R SIDE, L TOGETHER, CROSS R OVER, TOUCH L, STEP L SIDE, R TOGETHER, CROSS L OVER, TOUCH R SIDE

1-4 Step R side (1), step L together (2), cross R over (3), touch L side (4)
5-8 Step L side (5), step R together (6), cross L over (7), touch R side (8)

S2 (9-16) R FWD, TURN ½ L, R-L SYNCOPATED SCISSORS, ROCK R FWD, RECOVER

1-2-3&4 Step R forward (1), turn ½ L and step L forward (2), step R side (3), step L together (&), cross R over (4) (6:00)
5&6-7-8 Step L side (5), step R together (&), cross L over (6), rock R forward (7), recover to L (8)

Restart here during wall 3

S3 (17-24) ¼ TURN R AND BIG STEP, DRAG L, L SIDE SHUFFLE, TURN ½ R, R SIDE SHUFFLE, ROCK L OVER, RECOVER

1-2-3&4 Turn ¼ R and big step R side (1), drag L to R (2), step L side (3), step R together (&), step L side (4) (9:00)
5&6-7-8 Turn ½ R and step R side (5), step L together (&), step R side (6), rock L over (7), recover to R (8) (3:00)

S4 (25-32) BIG STEP L, DRAG, CROSS R OVER, L BACK, R TOGETHER, L OVER, R SIDE, L BACK COASTER

1-2-3&4 Big step L side (1), drag R to L (2), cross R over (3), step L back (&), step R together
5-6-7&8 Cross L over (5), step R side (6), step L back (7), step R together (&), step L forward (8)

REPEAT

Tag #1, at the end of wall 1 (2-counts) – Rock R forward (1), recover to L (2)

Tag #2, at the end of wall 4 (4-counts) – Do a R jazz-box-cross – Cross R over (1), step L back (2), step R together (3), cross L over (4)