

# The One

拍數: 32      牆數: 4      級數: Improver  
編舞者: Marie Claude Gil (FR) - February 2024  
音樂: The Good Ones - Gabby Barrett



Intro: 32 Counts

Tag + Restart: Wall 2 ( 9 oclock) Wall 4 (6 oclock)

Restart: Wall 6 after 8 counts

## SECTION 1: RIGHT MAMBO, LEFT MAMBO, FORWARD MAMBO, COASTER STEP

1&2      Rock side right, recover weight on the left, right step next left  
3&4      Rock side left, recover weight on the right, left step next right  
5&6      Rock forward right, recover weight on the left, step next left  
7&8      Step back on left. Right step beside left, Left step forward

ICI RESTART: WALL 6

## SECTION 2: RIGHT STEP LOCK FORWARD, LEFT STEP LOCK FORWARD, STEP ½ TURN, TRIPLE ½ TURN

1&2      Right step forward, lock left behind right, Right step forward  
3&4      Left step forward, lock right behind left, Left step forward  
5-6      Right step forward, ½ Turn on the left, Replace weight on the left  
7&8      ½ Turn on the left with a Triple Turn

ICI TAG+RESTART: MURS: 2 and 4 Change on the section2 : 7&8 to Kick Ball Change RF+Restart

## SECTION 3: LEFT SWEEP, RIGHT SWEEP, LEFT SWEEP, BEHIND SIDE CROSS, ¼ TURN, TRIPLE STEP, STEP ½ TURN STEP

1-2      Sweeping Left from front to back, Step Left back, Sweeping Right from front to back, Step right back  
3&4      Sweeping Left from front to back, Step Left back, Step side right, Cross Left behind right  
5&6      ¼ Turn right, right triple step  
7&8      Left step forward, ½ Turn on the right, Left step forward

## SECTION 4: RIGHT AND LEFT VAUDEVILLE, CROSS SHUFFLE, SIDE ROCK ½ TURN STEP

1&2&      Cross right over left, step diagonally back left, touch right heel diagonally right, step right beside left  
3&4&      Cross left over right, step diagonally back right, touch left heel diagonally left, step left beside right  
5&6      Cross step R over L, step L to L side, Cross step R over L  
7&8      Rock side left, recover weight on the right, ½ Turn on the left and left step side.