

# The One (Pero No Como Yo)

拍數: 32      牆數: 2      級數: Improver  
編舞者: Hanna Pitkänen (FIN) - March 2024  
音樂: The One (Pero No Como Yo) - Carin Leon & Kane Brown



Tag comes after walls 1 and 2, explained on the bottom of this stepsheet  
Start the dance with the word "OK", approx. 5 second into track.

## [1-8]: Side, touch, side, behind, side, cross, cross rock, back rock, cross

1&2      Step RF to side (1), touch LF next to RF (&), step LF to side (2)  
3&4      Step RF behind LF (3), step LF to side (&), cross RF over LF (4)  
5&      Cross rock LF over RF (5), recover weight to RF (&)  
6&      Rock LF back (6), recover weight to RF (&)  
7      Cross LF over RF (7)

## [9-16]: Side ¼ turn, side rock, ½ turn, side rock, ¼ turn, full turning box, out, out, 8 Step RF to side (8) \*see arm movements below

1&      ¼ turn left into a side rock with LF (1), recover weight to RF (&) 9:00\*\*  
2,3      ¼ turn right stepping LF to side (2) ¼ turn right into a side rock with RF (3) 3:00  
&4      Recover weight to LF (&) ¼ turn left stepping RF to side (4) 12:00

\*\*Easier option is to not turn at all during these "turning back rock steps" just do a back rock recover (1&), side (2), back rock recover (3&), side (4)

&5      Touch LF next to RF (&), ¼ turn left stepping LF to side (5) 9:00  
&6      Touch RF next to LF (&), ¼ turn left stepping RF to side (6) 6:00  
&7      Touch LF next to RF (&), ½ turn left stepping LF forward (7) 12:00  
8      Step on ball of RF out to diagonal forward right (8)  
&      Step on ball of LF out to diagonal forward left (&)

\* Optional hand movements for turning rock steps :

Slide your left hand above your head from front to back on count 8, push your left hand towards the back wall with a straight arm on count 1.

Slide your right hand above your head from front to back on count 2, push your right hand towards the back wall with a straight arm on count 3.

## [17-24]: behind, sweep, knee pop, 1/8 turn, kick, back, hook, extended shuffle, step, pivot ½ turn

1      Step RF behind LF as you sweep LF from front to back (1)  
2      Lock LF behind RF as you pop out your knee (2)  
3&      1/8 turn right stepping RF forward (3), kick LF across RF (&) 1.30  
4&      Step back LF (4), hook RF over left chin (&)  
5&6      Step RF forward (5), step LF behind RF (&), step RF forward (6)  
&7      Step LF behind RF (&), step RF forward (7)  
8&      Step LF forward (8), pivot ½ turn right as you recover weight to RF (&) 7.30

## [25-32]: Cross, 1/8 turn, behind, side, cross, ½ of rumba box

1,2      Cross LF over RF (1), 1/8 turn left squaring back to 12.00 stepping RF to side (2)  
3&4      Step LF behind RF (3), step RF to side (&), cross LF over RF (4)  
5&6      Step RF to side (5), step LF next to RF (&), step RF forward (6)  
7,8      Step LF to side (7), Point RF behind LF (8)

Start again

TAG: 8 count long tag comes after walls 1 and 2 facing the back.

[1-8]: Side, back rock, side, back rock, forward, pivot ½ turn, ½ turn, stomp, hold

1,2& Step RF to side (1), rock back LF (2), recover weight to RF (&)  
3,4& Step LF to side (3), rock back RF (4), recover weight to LF (&) 12:00  
5,6& Step RF forward (5), step LF forward (6), ½ turn right as you recover weight to LF (&) 6:00  
7,8 Turn ½ right as you stomp RF to side (7), hold (8) 12:00

**Have fun dancing!**

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