

# One

拍數: 32      牆數: 4      級數: Improver  
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音樂: One - Bee Gees



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## TRIPLE STEP, ROCK STEP, TURN ¼, SAILOR STEP, SAILOR STEP

1&2      Step left to side, touch right together, step left to side  
3-4      Cross/rock right over left, recover on left  
5&6      Sweep right from front to back and cross right behind left, turn ¼ right and step left to side, step right to side  
7&8      Cross left behind right, step right to side, step left to side

## WIZARD STEP RIGHT, WIZARD LEFT, TURN ½, STEP, STEP, HOLD

1-2&      Step right forward, lock left behind right, step right forward  
3-4&      Step left forward, lock right behind left, step left forward  
5-6      Step right forward, turn ½ left (weight to left)  
&7-8      Step right to side, step left to side, clap

## SHAKE, SHAKE, ROCK, RECOVER, SAILOR WITH TURN ¼ RIGHT

1&2      Step right to side and bump hips right, left, right  
3&4      Step left to side and bump hips left, right, left  
5-6      Rock right to side, recover to left  
7&8      Sweep right from side to back and cross right behind left, turn ¼ right and step left to side, step right to side

## STEP, TOUCH, STEP, TOUCH, JAZZ BOX TURN ¼ LEFT

1-2      Step left forward, touch right to side  
3-4      Step right forward, touch left to side  
5-6      Cross left over right, step right back  
7-8      Turn ¼ left and step left together, cross right over left

### Variation:

7-8      Turn ¼ left and step left together, step right together

## REPEAT

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