

The One I Love

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Caz Mawby (UK)
音樂: You're The One I Love - David Gray



CROSS ROCK- CHASSE ¼ TURN RIGHT -STEP PIVOT ½ TURN-STEP LOCK STEP

1-2 Cross rock right over left, recover onto left
3&4 Step right to side, step left next to right, step right ¼ turn right
5-6 Step forward on left, pivot ½ turn right
7&8 Step left forward, lock right behind left, step left forward

FULL TURN FORWARD-STEP LOCK STEP-FORWARD ROCK-COASTER STEP

1-2 Make a ½ turn stepping back on right, make a ½ turn stepping forward on left
3&4 Step right forward, lock left behind right, step right forward
5-6 Rock forward on left, recover onto right
7&8 Step back on left, step right together, step forward on left

FORWARD ROCK-TRIPLE ¾ TURN RIGHT-CROSS SIDE BEHIND SIDE CROSS

1-2 Rock forward on right, recover onto left
3&4 Triple ¾ turn right on a right, left, right
5-6 Cross left over right, step right to side
7&8 Cross left behind right, step right to side, cross left over right

SIDE ROCK- BEHIND ¼ TURN STEP-SKATE LEFT-SKATE RIGHT-SHUFFLE ½ TURN LEFT

1-2 Rock right out to side, recover onto left
3&4 Cross right behind left, stepping left forward make a ¼ turn left, step forward on right
5-6 Skate forward left, skate forward right
7&8 Shuffle ½ turn over left shoulder on a left, right, left

SWEEP CROSS-COASTER CROSS-SWEEP CROSS-COASTER CROSS

1-2 Diagonally right sweep right in front of left, cross step right over left
3&4 Step back on left, step right together, cross left over right
5-6 Repeat counts 1-2
7&8 Repeat counts 3&4

DIAGONAL FORWARD ROCK-BEHIND SIDE CROSS-SIDE ROCK-SAILOR ¼ TURN LEFT

1-2 Rock right diagonally forward, recover onto left
3&4 Cross right behind left, step left to side, cross right over left
5-6 Rock left out to side, recover onto right
7&8 Cross left behind right, step right ¼ turn left, step left in place

FORWARD ROCK- COASTER STEP-FORWARD ROCK- SHUFFLE ½ TURN LEFT

1-2 Rock forward on right, recover onto left
3&4 Step back onto right, step left together, step forward on right
5-6 Rock forward on left, recover onto right
7&8 Shuffle ½ turn over left shoulder on a left, right, left

STEP PIVOT ½ TURN LEFT-STEP LOCK-STEP LOCK STEP-SIDE STEP-TOUCH

1-2 Step forward on right, pivot ½ turn left
3-4 Step forward on right, lock left behind right
5&6 Step forward on right, lock left behind right, step forward on right

7-8 Step large step to left side, touch right next to left

REPEAT

ENDING

After 5th wall facing back dance ending as follows:

1-2 Cross rock right over left, recover onto left

3&4 Triple $\frac{1}{2}$ turn right to face front wall
