

# One Thing

拍數: 32      牆數: 4      級數: Improver  
編舞者: Alan Birchall (UK)  
音樂: One Thing - Pat Green



## KICK BALL STEP, SKATE TWICE, KICK BALL CHANGE, POINT ½ TURN, STEP

1&2      Kick right foot forward, step right by left, step forward on left  
3-4      Skate right, skate left  
5&6      Kick right foot forward, step right by left, step left by right  
7-8      Point right to right, make ½ turn right stepping right by left (6:00)

## ROCK, RECOVER, SHUFFLE BACK, ROCK, RECOVER, FULL TURN

9-10      Rock forward on left, recover on right  
11&12      Shuffle backwards stepping left, right, left  
13-14      Rock back on right, recover on left  
15-16      Full turn making ½ turn left stepping back on right, make ½ turn left stepping forward on left  
(6:00) restart here during 5th wall (6:00)

Option: walk forward right, left

## CROSS, POINT TWICE, CROSS, BACK, SIDE, CROSS

17-18      Cross right over left, point left to left  
19-20      Cross left over right, point right to right  
21-22      Cross right over left, step back on left  
23-24      Step right to right, step forward on left

## SIDE SHUFFLE, ROCK, RECOVER, ¼ SIDE SHUFFLE, ROCK, RECOVER

25&26      Step right to right, left by right, step right to right  
27-28      Rock back on left, recover on right  
29&30      Step left to left, right by left, step left to left making ¼ turn right (9:00)  
31-32      Rock back on right, recover on left

## REPEAT

## TAG

After 2nd wall (6:00) and 7th wall (12:00)

## STEP, ½ PIVOT TWICE

1-2      Step forward on right, ½ pivot left  
3-4      Step forward on right, ½ pivot left