

# The One

拍數: 32      牆數: 4      級數: Improver  
編舞者: Maureen Jones (UK) & Michelle Jones (UK)  
音樂: I'm the One - Gary Allan



---

## SYNCOPATED SIDE-WEAVES TWICE

1-2            Step right to right side, cross left behind right  
&3-4         Step right to right side, cross left over right, step right to right side  
5-6            Step left to left side, cross right behind left  
&7-8         Step to left side, cross right over left, step left to left side

## SCUFF-STOMP WITH ¼ TURN TWICE, ROCK BACK, SHUFFLE FORWARD

9-10          Making ¼ turn to left scuff right heel across in front of left, stomp right in place  
11-12         Making ¼ turn to right scuff left heel across in front of right, stomp left in place  
13-14         Rock right behind left, rock weight forward onto left  
15&16         Shuffle forward on right, left, right

## STEP, HOP & FLICK TWICE, SHUFFLE BACKWARDS TWICE

17-18         Step forward on left, flick right back while hopping slightly forward on left  
19-20         Step forward on right, flick left back while hopping slightly forward on right  
21&22         Shuffle back on left, right, left  
23&24         Shuffle back on right, left, right

## COASTER, KICK-BALL-TOUCH TWICE, UNWIND ¾ TURN LEFT

25&26         Step back on left, step right beside left, step forward on left  
27&28         Kick right forward, step ball of right in place, touch left toes to left  
29&30         Kick left forward, step ball of left in place, touch right toes to right  
31-32         Cross right over left, unwind ¾ turn over left shoulder (weight remains on left)

## REPEAT

---