

The One

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Mark Cook (UK)
音樂: The One - Gary Allan



WALK FORWARD, ROCK, WALK BACK, ROCK

1&2 Walk forward, right, left, right
3&4 Rock forward on left, recover weight to right, step back on left
5&6 Walk back, right, left, right
7&8 Rock back on left, recover weight on right, step forward on left

SIDE ROCK CROSS TWICE, WEAVE ¼ TURN, SWEEPS

9&10 Rock right to right side, recover weight to left, cross right over left
11&12 Rock left to left side, recover weight to right, cross left over right
13&14 Step right to right side, step left behind right, step right to right side making ¼ turn to right
15-16 Sweep left over right, sweep right over left

SHUFFLE BACK, ROCK ½ TURN, ROCK AND STEP, WEAVE LEFT

17&18 Shuffle back, left, right, left
19&20 Rock back on right, recover weight on left, make ½ turn over left as you step back on right
21&22 Rock back on left, recover weight on right, step forward on left
23&24 Step right behind left, step left to left side, cross right over left

SWAY LEFT, RIGHT, ROLLING VINE, BACK ROCK, ROCK ¼ TURN

25-26 Step left to left side swaying hips to left, sway hips to right
27&28 Make ¼ turn to left as you step on left, make ¼ turn left as you step on right, make ½ turn over left shoulder as you step on left
29&30 Rock right behind left, recover weight to left, step right to right side
31&32 Cross left over right, recover weight to right, step left to left side making ¼ turn left

REPEAT

TAG

When you face the front, after every second wall, the tag is as follows

1-2 Step right to right side as you sway hips to the right, sway hips to the left
3&4 Step right back step left next to right, step right forward
5-6 Step left to left side, as you sway hips to the left, sway hips to the right
7&8 Step left back, step right next to left, step left forward