

The One

拍數: 48 牆數: 2 級數: Intermediate/Advanced
編舞者: Rachael Miller (UK)
音樂: The One - Backstreet Boys



KICK BALL CHANGE, BODY ROLL, HEEL JACKS

1&2 Kick right forward, step right back slightly, step left back slightly
3-4 Body roll forward starting with shoulders then body
&5 Step right back, put left heel out
&6 Step left next to right, then right next to left
&7 Step left back, put right heel out
&8 Step right next to left, then left next to right

JUMP OUT & IN, SIDE STEP TOUCH CROSS UNWIND

&1 Jump right out, jump left out
&2 Jump right in, jump left in
3-4 Step right to right side, touch left beside right. On count 4 sharply turn head to face right side
5&6 Step forward left, close right beside left, step forward left
7-8 Cross right foot in front of left, unwind $\frac{1}{2}$ turn left

APPLEJACKS, PIGEON TOES LEFT & RIGHT

&1 Taking weight on left toe and right heel, swivel left heel and right toe left and return to place
&2 Taking weight on right toe and left heel, swivel right heel and left toe and return to place
3&4 Heels together, toes together, heels together
5-8 Repeat steps &1-4 going left

KICK & CROSS OUT TWICE WITH $\frac{1}{4}$ TURN, GRAPEVINE, STOMP TWICE

1&2 Kick right forward, cross right over left, touch left toe to left side
3&4 Kick left forward, cross left over right, touch right to right side turning $\frac{1}{4}$ right
5-6 Step right to right side, cross left behind right
7&8 Step right out to right side, jump forward twice on balls of both feet

SIDE, TOGETHER SIDE TOUCH

1-2 Step left to left side, step right next to left
3&4 Step left to left side, touch right next to left, touch right to right side
5-6 Step right to right side, step left next to right
7&8 Step right to right side, touch left next to right, touch left to left side

PIVOT $\frac{1}{2}$, PIVOT $\frac{1}{4}$, LOCK STEP, SCUFF, STOMP

1-2 Step left forward, pivot $\frac{1}{2}$ turn right
3-4 Step left forward, pivot $\frac{1}{4}$ turn right
5&6 Step right forward, lock left behind right, step right forward
7-8 Scuff left forward bring down and stomp

REPEAT