

# 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