

The One

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Claire Popkiss (UK)
音樂: The One - Backstreet Boys



FULL TURN, ½ TURN HOOK, RIGHT SHUFFLE, LUNGE

- 1-2 Point right to right side, make a full turn right on the ball of left foot, bringing in right leg
- 3-4 Point right to right side, pivot ½ turn right on ball of left, hooking right leg in front of left
- 5&6 Step right forward, close left beside right, step right forward
- 7-8 Step large step forward on left, leaning onto left, step back onto right

1 ½ TURNS MOVING BACKWARDS, TOUCH, SCUFF, FLICK, STOMP

- 1-2 Step back left turning ½ turn left, step forward right turning ½ turn left
- 3-4 Step back left turning ½ turn left, kick right foot forward
- &5 Step forward right, touch left next to right
- &6 Step back left, touch right next to left
- 7&8 Scuff right, flick right to right side, stomp right foot back

SCUFF, ¼ TURN, LEFT SHUFFLE, SWIVEL HEELS TURNING ½

- 1-2 Scuff left foot, stomp left to left side (pointing left foot to 9:00) on count one clap when making a scuff
- 3&4 Bounce heels three times while turning ¼ turn left, while doing so, roll hips to the left
- 5&6 Step left forward, step right beside left, step left forward
- 7&8 Step forward right swivel heels forward, swivel heels back, pivot ½ turn left

SCUFF, ¼ TURN, LEFT SHUFFLE, SWIVEL HEELS TURNING ½

- 1-2 Scuff left foot, stomp left to left side (pointing left foot to 9:00) on count one clap while making the scuff
- 3&4 Bounce heels three times while turning ¼ turn left, while doing so, roll hips to the left
- 5&6 Step left forward, step right beside left, step left forward
- 7&8 Step forward right swivel heels forward, swivel heels back, pivot ½ turn left

SIDE SWITCHES, KICK, KICK, BACK SHUFFLE RIGHT

- 1&2 Point right toe to right side, step right beside left, point left to left side
- &3&4 Step left beside right, point right to right side, step right beside left, point left to left side
- &5 Step left beside right, kick right foot forward
- 6 Kick right to right diagonal
- 7&8 Step back right, step left beside right, step back right

FULL TURN, SAILOR SHUFFLE, SAILOR SHUFFLE, LEFT SHUFFLE

- 1-2 Step back left turning ½ turn left, step forward right turning ½ turn left
- 3&4 Step left behind right, step right beside left, step left in place
- 5&6 Step right behind left, step left beside right, step right in place
- 7&8 Step forward left, step right beside left, step left forward

HEEL SWITCHES, ¼ TURN HIP BUMPS

- 1&2 Point right heel forward, step right beside left, point left heel forward
- &3&4 Step left beside right, point right heel forward, step right beside left, touch left in place
- 5-6 Step left forward turning ¼ turn right pushing left hip out, bump right hip out
- 7-8 Bump left hip out, touch right foot beside left

RIGHT CHASSE, ¾ TURN, PADDLE TURNS

- 1&2 Step right to right side, step left beside right, step right to right side
- 3-4 Step left to make a ¼ turn right, step forward right making a ½ turn right
- 5& Turn ½ turn right - pointing left to left side, hitch left foot back in turning ¼ turn right
- 6& Point left to left side, hitch left foot back in turning ¼ turn right
- 7& Point left to left side, hitch left foot back in turning ¼ right
- 8 Step left beside right taking weight

REPEAT

TAG

After completing three walls, after the 20th count of the 4th wall:

RONDE, REVERSE RONDE

- 1-4 Step forward right, sweep left toe round to complete a full ronde turn to the right
- 5-8 Step forward left, sweep right toe from behind to complete a reverse ronde turn to the left

STEP LOCK STEP LEFT, TOUCH, STEP LOCK STEP RIGHT, TOUCH

- 1-3 Step back left, cross right over left, step left back
- 4 Touch right beside left
- 5-7 Step back right, cross left over right, step right back
- 8 Touch left beside right

SWEEP, SLIDE

- 1-4 Cross left behind right, make a large circle with left toe, moving to the right
- 5-8 Step a large step forward with left, drag right foot to meet left foot
- 1-4 Rock right to right side, recover, cross right over left, hold

CROSS ROCK RIGHT, CROSS ROCK LEFT

- 5-8 Rock left to left side, recover, cross left over right, hold

1 ½ TURNS, SLIDE

- 1-2 Step back right turning ½ turn right, step forward left turning ½ turn right
- 3-4 Step back right turning ½ turn right, touch left beside right
- 5-8 Step forward left, slide right beside left, weight remains on left

Once tag has been completed, return to normal dance steps
