

The One

拍數: 64 牆數: 4 級數: Intermediate
編舞者: John Dowling (UK)
音樂: You're The One I Love - David Gray



½ TURN LEFT, ROCK RECOVER, LEFT SHUFFLE FORWARD, ½ TURN LEFT, ROCK RECOVER

- 1-2 Make a ½ turn left stepping forward on right, rock step back on left
- 3 Recover weight forward onto right
- 4&5 Step left forward, slide right to meet left, step left forward
- 6-7 Make a ½ turn left stepping forward on right, rock step back on left
- 8 Recover weight forward onto right

ROCKING HORSE TO LEFT DIAGONAL, LEFT CHASSE, CROSS ROCK BEHIND RECOVER

- 1-2 Rock step forward on left (to left diagonal), rock weight back onto right
- 3-4 Rock step back on left behind right, rock weight forward onto right
- 5&6 Chasse left stepping left to side, slide right next to left, step left to side
- 7-8 Rock step back on right behind left, rock weight forward onto left

ROCKING HORSE TO RIGHT DIAGONAL, RIGHT CHASSE, CROSS UNWIND ½ TURN LEFT

- 1-2 Rock step forward on right (to right diagonal), rock weight back onto left
- 3-4 Rock step back on right behind left, rock weight forward onto left
- 5&6 Chasse right stepping right to side, slide left next to right, step right to side
- 7-8 Cross step left behind right, unwind ½ turn left

JAZZ BOX WITH ¼ TURN RIGHT, WALK FORWARD TWICE, STEP FORWARD PIVOT ½ TURN LEFT

- 1-2 Cross step right over left, step slightly back on left
- 3-4 ¼ turn right stepping slightly forward on right, step left forward
- 5-6 Walk forward right, walk forward left
- 7-8 Step right forward, pivot ½ turn left

RIGHT SHUFFLE FORWARD WITH ½ TURN LEFT, LEFT ROCK BACK RECOVER, FORWARD SHUFFLES TWICE

- 1&2 Make a ½ turn left stepping forward on right, sliding left next to right, stepping back on right
- 3-4 Rock step back on left, recover forward onto right
- 5&6 Step left forward, slide right to meet left, step left forward
- 7&8 Step right forward, slide left to meet right, step right forward

LEFT STEP FORWARD WITH ¼ TURN RIGHT, CROSS STEP, HOLD, SIDE STEP, HOLD, CROSSING SHUFFLE

- 1-2 Step left forward with a ¼ turn right, move weight onto right in place
- 3-4 Cross step left over right, hold (body angled slightly to right diagonal)
- 5-6 Step right to side, hold
- 7&8 Cross step left over right, step right slightly to side, cross step left over right

SIDE ROCK RECOVER, CROSS STEP, HOLD, SIDE STEP, HOLD, CROSSING SHUFFLE

- 1-2 Rock step right to side, recover weight onto left in place
- 3-4 Cross step right over left, hold (body angled slightly to left diagonal)
- 5-6 Step left to side, hold
- 7-8 Cross step right over left, step left slightly to side, cross step right over left

¼ TURN LEFT ROCK STEP RECOVER, ½ TURN LEFT SHUFFLE, STEP, PIVOT ½ TURN LEFT, WALK TWICE

- 1-2 Completing a $\frac{1}{4}$ turn left rock step left forward, recover weight back onto right
- 3&4 Make $\frac{1}{2}$ turn over left shoulder stepping forward on left, step right next to left, step forward left
- 5-6 Right step forward, pivot $\frac{1}{2}$ turn left
- 7-8 Walk forward right, walk forward left

REPEAT

DANCE END

After 5 walls finish the dance with an extra step forward
