

The One

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Adrian Lefebour (AUS)
音樂: The One - Backstreet Boys



CROSS & SIDE, CROSS & SIDE, ROCK FORWARD BACK, TURN, TURN, TURN

1&2 Cross left, rock back right, step left to side
3&4 Cross right, rock back left, step right to side
5-6 Rock forward onto left & rock back onto right
7&8 Complete a 1 ½ turn left, towards back wall, step left-right-left

CROSS & SIDE, CROSS & SIDE, ROCK FORWARD BACK, TURN, TURN, TURN

1&2 Cross right, rock back left, step right to side
3&4 Cross left, rock back right, step left to side
5-6 Rock forward onto right & rock back onto left
7&8 Complete a 1 ½ turn right, towards original wall, step right-left-right

RIGHT ¼ PIVOT, & CROSS & HEEL & CROSS & HEEL & CROSS & HEEL

1-2 Step left forward & pivot ¼ turn right (transfer weight to right)
3&4 ** Cross left, step right back & place left heel at 45 degree angle
&5&6 Cross right, step left back & place right heel at 45 degree angle
&7&8 Cross left, step right back & place left heel at 45 degree angle

½ PIVOT, FORWARD SHUFFLE, SIDE ROCK, LEFT SAILOR

&1-2 Step left back for & count, step right forward ½ turn left (weight on left)
3&4 Shuffle forward right-left-right
5-6 Rock left to left side & replace weight to right
7&8 Step left behind right, step right to side, step left in place

TOUCH RIGHT BEHIND & UNWIND ½ RIGHT, CROSS ROCK, ROCK (3 TIMES)

1-2 Touch right toe behind & unwind ½ right (transfer weight to right)
3&4 Cross left in front of right, rock onto right & replace weight left
5&6 Cross right front of left, rock onto left & replace weight right
7&8 Cross left in front of right, rock onto right & replace weight left

BACK CROSS BACK, BACK CROSS BACK, RIGHT SAILOR, TOUCH UNWIND ½ LEFT

1&2 Step back on right, cross left over right, step back right
3&4 Step back on left, cross right over left, step back left
5&6 Step right behind left, step left to side, step right in place
7-8 Touch left behind & unwind ½ left (transfer weight to left)

SHUFFLE FORWARD, ½ PIVOT, STEP LEFT, STEP RIGHT, JUMP OUT HEEL CLICKS OUT

1&2 Shuffle forward right-left-right
3-4 Step left forward ½ pivot turn (transfer weight to right)
5-6 Step left forward, step right together (weight on both feet)
7&8 Jump both feet out, jump up & click heels together, land with feet slightly apart and weight on right

SCUFF ROCK, ROCK, LEFT SAILOR, SCUFF ROCK, ROCK, TOUCH RIGHT BEHIND & UNWIND ½ RIGHT

1&2 Scuff left, rock left to side, rock back onto right
3&4 Step left behind right, step right to side, step left in place

5&6

Scuff right, rock right to side, rock back onto left

7-8

Touch right behind & unwind $\frac{1}{2}$ right (transfer weight to right)

REPEAT
