

# Be The One

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Sharon Walton (UK)  
音樂: The One - Backstreet Boys



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## STEP, CROSS, HOLD TWICE, RIGHT HEEL JACK, ROCK RIGHT & RECOVER

1&2      Step left to left side, cross right over left, hold  
3&4      Step left to left side, cross right over left, hold  
&5      Step left diagonally back left, touch right heel diagonally forward  
&6      Step right in place, step left beside right  
7-8      Rock right to right side, rock left in place

## COASTER STEP, STEP, ½ PIVOT RIGHT TWICE, POINT, HITCH, POINT

9&10      Step back right, step left beside right, step forward right  
11-12      Step forward left, pivot ½ turn right  
13-14      Step forward left, pivot ½ turn right  
15&16      Touch left to left side, hitch left knee up towards right knee, touch left to left side

## SAILOR STEP, STEP, ¼ PIVOT LEFT, CROSS ROCK, FULL TURN RIGHT

17&18      Cross left behind right, step right to right side, step left to place  
19-20      Step forward right, pivot ¼ turn left  
21-22      Cross rock right over left, rock back on to left  
23      On ball of left spin ½ turn right, stepping forward right  
24      On ball of right spin ½ turn right, stepping back left

## STEP, SCUFF, STEP, SHUFFLE FORWARD, CHARLESTON STEPS

&25-26      Step forward right, scuff left foot forward, step forward left  
27&28      Step forward right, close left beside right, step forward left  
29-30      Step forward left, touch right forward of left  
31-32      Step right back behind left, touch left back behind right

**REPEAT**

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