

# One Love

拍數: 68      牆數: 4      級數: High Improver  
編舞者: Carol Bates (UK) - March 2013  
音樂: One Love - Carlene Carter



Intro: 20 counts – Start on vocals

## Chasse Right, Hold, Rock Back Recover, Side, Hold

1 – 4      Step right to right side, close left next to right, step right to right side, hold  
5 – 8      Rock left back, recover on right, step left to left side, hold

## Syncopated Rock Steps, Step Side

1 – 4      Cross rock right over left, recover onto left, rock right to right side, recover onto left  
5 – 8      Rock right back, recover onto left, step right to right side, hold

## ¼ Sailor Turn, Hold, Right Lock Step, Hold

1 – 4      Cross left behind right making ¼ turn left. Step right beside left. Step left to left side, hold  
5 – 8      Step right forward, lock left behind right, step right forward, hold

## Modified Mambo, Step Back Hitch x2

1 – 4      Rock left forward, recover onto right, step left back, hitch right knee  
5 – 8      Step right back, hitch left knee, step left back, hitch right knee

## Coaster Step, Hold, Pivot Full Turn, Hold

1 – 4      Step right back, step left next to right, step right forward, hold  
5 – 8      Step left forward, pivot ½ turn right, make ½ turn right stepping left back, hold

## Easier Option: Counts 5 - 8 above ... Left Mambo Forward, Hold

## Coaster Step, Hold, Left Lock Step, Hold

1 – 4      Step right back, step left next to right, step right forward, hold  
7 – 8      Step left forward, lock right behind left, step left forward, hold

## Diagonal Right, Touch, Diagonal Left, Touch, Side Rock Recover Touch, Hold

1 – 4      Right diagonal step forward, touch left next to right, left diagonal step forward, touch right next to left  
5 – 8      Rock right to right side, recover onto left, touch right next to left, hold

## Diagonal Right, Touch, Diagonal Left, Touch, Side Rock Recover Touch, Hold

1 – 4      Right diagonal step forward, touch left next to right, left diagonal step forward, touch right next to left  
5 – 8      Rock right to right side, recover onto left, touch right next to left, hold

## Jazz Box ½ Turn Right

1 – 4      Cross right over left, step left back, turn ½ turn right stepping right forward, step left to left side

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