

The One

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Mark Cook (UK)

Musik: The One - Gary Allan



WALK FORWARD, ROCK, WALK BACK, ROCK

- 1&2 Walk forward, right, left, right
- 3&4 Rock forward on left, recover weight to right, step back on left
- 5&6 Walk back, right, left, right
- 7&8 Rock back on left, recover weight on right, step forward on left

SIDE ROCK CROSS TWICE, WEAWE ¼ TURN, SWEEPS

- 9&10 Rock right to right side, recover weight to left, cross right over left
- 11&12 Rock left to left side, recover weight to right, cross left over right
- 13&14 Step right to right side, step left behind right, step right to right side making ¼ turn to right
- 15-16 Sweep left over right, sweep right over left

SHUFFLE BACK, ROCK ½ TURN, ROCK AND STEP, WEAWE LEFT

- 17&18 Shuffle back, left, right, left
- 19&20 Rock back on right, recover weight on left, make ½ turn over left as you step back on right
- 21&22 Rock back on left, recover weight on right, step forward on left
- 23&24 Step right behind left, step left to left side, cross right over left

SWAY LEFT, RIGHT, ROLLING VINE, BACK ROCK, ROCK ¼ TURN

- 25-26 Step left to left side swaying hips to left, sway hips to right
- 27&28 Make ¼ turn to left as you step on left, make ¼ turn left as you step on right, make ½ turn over left shoulder as you step on left
- 29&30 Rock right behind left, recover weight to left, step right to right side
- 31&32 Cross left over right, recover weight to right, step left to left side making ¼ turn left

REPEAT

TAG

When you face the front, after every second wall, the tag is as follows

- 1-2 Step right to right side as you sway hips to the right, sway hips to the left
- 3&4 Step right back step left next to right, step right forward
- 5-6 Step left to left side, as you sway hips to the left, sway hips to the right
- 7&8 Step left back, step right next to left, step left forward