Count: 48
Wall: 2
Level: Low Intermediate
Choreographer: EWS Winson (MY) - June 2022
Music: The One - Tamar Braxton

Intro : 16 counts in (Approx 0.10 sec )
\#1 (1-8) R-L Forward Walk, R Anchor Step, L-R Back Attitude Walk, L Sailor $1 / 4$ (L) with L Cross
1-2 Weight on LF: Step RF forward (1), step LF forward (2) 12.00
$3 \& 4 \quad$ Lock RF behind LF (3), step LF in place (\&), step RF back (4) 12.00
5-6 Step LF back fanning $R$ toes to $R$ side (5), step $R F$ back fanning $L$ toes to $L$ side (6) 12.00
7\&8 Turn $1 / 4$ L crossing LF behind RF (7), step RF to R side (\&), cross LF over RF (8) 9.00
\#2 (9-16) R Side Rock \& Recover, R Cross Shuffle, L-R Side Hip Sways, L Side Chasse
1-2 Rock $R F$ to $R$ side (1), recover weight on LF (2) 9.00
$3 \& 4 \quad$ Cross RF over LF (3), step LF to L side (\&), cross RFover LF (4) 9.00
5-6 $\quad$ Sway hips to $L$ side (5), sway hips to $R$ side (6) 9.00
7\&8 Step LF to $L$ side (7), close RF bseide LF (\&), step LF to $L$ side (8) 9.00
\#3 (17-24) R Cross Rock \& Recover, R Side Chasse, L Cross, R Side, L Sailor $1 / 4$ (L) with L Forward
1-2 Cross rock RF over LF (1), recover weight on LF (2) 9.00
3\&4 Step RF to R side (3), close LF beside RF (\&), step RF to R side (4) 9.00
5-6 Cross LF over RF (5), step RF to $R$ side (6) 9.00
7\&8 Turn $1 / 4$ L crossing LF behind RF (7), step RF to R side (\&), step LF forward (8) 6.00
\#4 (25-32) R-L Forward Walk, R-L English Cross, L Pivot $1 / 2(\mathrm{R}), 1 / 2(\mathrm{R})$ with L Back Lock Steps
1-2 Step RF forward (1), step LF forward (2) 6.00
\&3-4 Turn $1 / 4 L$ stepping $R F$ to $R$ side (\&), cross LF over RF (3), turn $1 / 4 R$ stepping RF forward (4) 6.00

5-6 Step LF forward (5), turn $1 / 2 \mathrm{R}$ over R shoulder (6) 12.00
7\&8 Turn another $1 / 2 R$ stepping LF back (7), lock RF over LF (\&), step LF back (8) 6.00
\#5 (33-40) $1 / 4(R)$ with R Side, L Cross, $R$ Side Rock Cross, $1 / 4(R)$ with L Back Lock Steps, $1 / 2(R)$ with $R$ Forward Shuffle
1-2 $\quad$ Turn $1 / 4 R$ stepping RF to $R$ side (1), cross LF over RF (2) 9.00
$3 \& 4 \quad$ Rock $R F$ to $R$ side (3), recover weight on LF (\&), cross RF over LF (4) 9.00
5\&6 Turn $1 / 4$ R stepping LF back (5), lock RF over LF ( $\&$ ), step LF back (6) 12.00
$7 \& 8 \quad$ Turn another $1 / 2 R$ stepping RF forward (7), close LF beside RF (\&), step RF forward (8) 6.00
\#6 (41-48) L Forward Rock \& Recover, L Coaster Step, R Pivot $1 / 2$ (L) X2
1-2 Rock LF forward (1), recover weight on RF (2) 6.00
3\&4 Step LF back (3), close RF beside LF (\&), step LF forward (4) 6.00
5-8 Step RF forward (5), turn $1 / 2 L$ over $L$ shoulder (6), step RF forward (7), turn $1 / 2 L$ over $L$ shoulder (8) 6.00

Email : winsonews@gmail.com
Contact no : +60-172790733
Website : https://sites.google.com/view/dancejournal

