GREASE: THE ONE

COUNT: 96  WALL: 1  LEVEL: Phrased Beginner

Choreographer: Anthony (INA) - December 2013
Music: You're the One That I Want by John Travolta and Olivia Newton John, Album: Grease 1978

PATTERN: A-B-Tag 1-C-Tag 2-A-B-Tag 1-C-C-C-Ending

Intro: 16 counts since the music begun

SESSION A (32 counts):

I. PRIZZY WALK
1-8 Walk forward with slightly crossing on R, L, R, L, R, L, R, L

II. JAZZ BOX 2x
1-2 Step R cross over L, step L backward
3-4 Step R step to R side, step L forward
5-6 Step R cross over L, step L backward
7-8 Step R to R side, step L forward

III. SKATE AND SHUFFLE (2x)
1-2 R skate to R (hand action: R pointing up while L pointing down), L skate to L (hand action: L pointing up while R pointing down)
3&4 Step R to R side (body angle), step L next to R, step R to R side (body angle)
(Hand action: R pointing up twice while L pointing down twice)
5-6 L skate to L (hand action: L pointing up while R pointing down), R skate to R (hand action: R pointing up while L pointing down)
7&8 Step L to L side (body angle), step R next to L, step L to L side (body angle)
(Hand action: L pointing up twice while R pointing down twice)

IV. WALK AROUND
1-8 Walk around make a circle to R (clock-wise) on R, L, R, L, R, L, R, L

SESSION B (32 counts):

I. SHIMMIES
1-2 Step R next to L while doing the shaking shoulder to front
3-4 Shake shoulder to back
5-6 Shake shoulder to front
7-8 Shake shoulder to back

II. SKATE - JAZZ BOX
1-2 R skate to R, L skate to L
3-4 R skate to R, L skate to L
5-6 Step R cross over L, step L backward
7-8 Step R to R side, step L forward

III. REPEAT SESSION B.I

IV. REPEAT SESSION B.II

SESSION C (32 counts):

I. ROLL HAND - POSE - RIGHT HAND MOVE
1 Roll both hands in front of chest
2 Pointing R hand (index finger) up while L knee is pop out
3-4 Hold
5-8 Move R pointing finger from right to left while your hip is bouncing
*(Action: do the count 5-8 while singing "Uh Uh Uh Uh")*

II. ROLL HAND - POSE - LEFT HAND MOVE
1 Roll both hands in front of chest
2 Pointing L hand (index finger) up while R knee is pop out
3-4 Hold
5-8 Move L pointing finger from left to right while your hip is bouncing
*(Action: do the count 5-8 while singing "Uh Uh Uh Uh Uh")*

III. REPEAT SESSION C.I

IV. MODIFIED HAND JIVE
1& Slap thighs with both hands, clap
2& Cross right hand over left, cross left hand over right
3& Touch right fist on top of left fist, touch left fist on top of right fist
4& Hitch hike right thumb over right shoulder, hitch hike left thumb over left shoulder
5& Slap thighs with both hands, clap
6& Cross right hand over left, cross left hand over right
7& Touch right fist on top of left fist, touch left fist on top of right fist
8& Hitch hike right thumb over right shoulder, hitch hike left thumb over left shoulder

TAG 1 : OUT-OUT STEP
1-4 Step inplace with out-out hip action on R L R L

TAG 2 : WALK AROUND
1-8 Walk around make a circle to R (clock-wise) on R, L, R, L, R, L, R, L

ENDING : Jump with both hands up and feet apart while shouting "Yeaaah"

Special thanks to Miss Deshimona for contributing the lovely name for this dance.

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