

The One

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Tracey Howell & David Howell

Musique: You're Beautiful - James Blunt



WALK FORWARD, ROCK, ¼ TURN RIGHT, SYNCOPATED WEAVE RIGHT, ¾ UNWIND TURN RIGHT

- 1-2 Walk forward right, left
- 3&4 Rock right forward, recover onto left, turn ¼ right stepping right to right side
- 5&6&7-8 Cross left over right, step right to right side, step left behind right, side right to right side, cross left over right, unwind ¾ turn right (weight ending on right)

CROSS ROCK TWICE, CROSS POINT, CROSS UNWIND ½ TURN

- 9&10 Cross left over right, step right to right, step left in place (traveling slightly forward)
- 11&12 Cross right over left, step left to left, step right in place (traveling slightly forward)
- 13-14 Cross left over right, point right to right diagonal
- 15-16 Cross right over left, unwind ½ turn left (weight ending on right)

SAILOR STEP, SAILOR ¼ TURN RIGHT, SYNCOPATED WEAVE, CROSS POINT

- 17&18 Cross left behind right, step right to right side, step left beside right
- 19&20 Cross right behind left, step left ¼ turn right, step right to right side
- 21&22&23-24 Cross left behind right, step right to right, cross left in front of right, step right to right side, cross left behind right, point right to right side

CROSS POINT TWICE, KICK BALL CHANGE, SWEEP ½ TURN

- 25-26 Cross right over left, point left to left, diagonal
- 27-28 Cross left over right, point right to right, diagonal
- 29&30 Right kick ball change
- 31-32 Sweep right around left ½ turn left, touch right beside left

REPEAT

TAG

During wall three dance to count 20 (end of sailor steps), then start the dance again from the beginning

- 1-2 Step left forward, touch right beside left
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