

# Grease : The One

Compte: 96

Mur: 1

Niveau: Phrased Beginner



Chorégraphe: Anthony Kusanagi (INA) - December 2013

Musique: You're the One That I Want - John Travolta & 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")

## **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 in place 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 "Yeeaaah"**

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

For more information please contact: [anthonymld.ina@gmail.com](mailto:anthonymld.ina@gmail.com) or [mdeshimona@yahoo.com](mailto:mdeshimona@yahoo.com)

---