拍数： 32
墥数： 2
级数：Intermediate／Advanced NC2
编舞者：Neville Fitzgerald（UK）\＆Julie Harris（UK）－September 2010
音乐：The One（feat．Pixie Lotte）－Stan Walker ：（CD：From The Inside Out）

## Starts After 16 Counts．

Rock，Recover \＆Cross，1／4，1／2，Side，Sweep／Behind \＆Rock，Recover \＆Cross．
1－2 Cross rock Left over Right，recover on Right．
\＆3 Step Left to Left side，cross step Right over Left．
\＆4 Make 1／4 turn to Right stepping back on Left，1／2 turn to Right stepping forward on Right．
\＆5 Step Left to Left side，cross step Right behind Left as Left sweeps out．
6\＆7 Cross step Left behind Right，step Right to Right side，cross rock Left over Right．
8\＆1 Recover on Right，step Left to Left side，cross step Right over Left．
1／4，1／2， $1 / 4$ Side，Rock \＆1／4，Back，Cross，3／8，Step $1 / 2$ Step．
$2 \& 3 \quad$ Make $1 / 4$ turn to Right stepping back on Left， $1 / 2$ turn Right stepping forward on Right，1／4 turn to Right stepping Left to Left side．
4\＆5 Cross rock Right behind Left，recover on Left，make $1 / 4$ turn Left stepping back on Right．
6\＆7
Step back on Left，cross／lock Right over Left，make $3 / 8$ turn to Left stepping forward Left． （1：30）
\＆8\＆Step forward on Right，pivot 1／2 turn to Left，step forward on Right．（7：30）
Press，Back，Back，Back，1／2，Step，1／2，Step，1／2，1／2，Mambo Sweep．
$1 \quad$ Press forward on Left．（slightly bent knee into press）

2\＆3 Run back Right－Left－Right．
4\＆5 Make 1／2 turn to Left stepping forward on Left，step forward on Right，pivot $1 / 2$ turn to Left． （7：30）
6\＆7 Step forward on Right，make 1／2 turn to Right stepping back on Left， $1 / 2$ turn to Right stepping forward on Right．（7：30）
8\＆1 Rock forward on Left，recover on Right，step back on Left as Right sweeps out．（7：30）
Behind 3／8 Step，Rock \＆Step，Back 1／2 Step，1／2，1／4．（Rock）

| 2\＆3 | Cross step Right behind Left，make $3 / 8$ turn to Left stepping forward on Left，step forward Right．（3：00） |
| :---: | :---: |
| 485 | Rock forward on Left，recover on Right，step back on Left． |
| 6\＆7 | Step back on Right，make 1／2 turn to Left stepping forward on Left，step forward on Right． （9：00） |
| 8 \＆ | Make 1／2 turn to Right stepping back on Left，1／4 Right stepping Right to Right side．（6：00） |

Restart With Small Step Change．．．Wall 3
Dance Up To \＆Including Count 7 Section 1．．．Then Change Steps \＆Count To．．
\＆8\＆Recover on Right，step Left to Left side，cross step Right over Left turning 1／8，
You Will Be Facing The Right Corner On Back Wall．．
Begin Dance Again From Count 1．．Back Wall．

