

# Ur The One

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Lesley Clark (SCO) - September 2011  
音樂: The One I Love - David Gray : (CD: Life In Slow Motion)



Intro: Start on vocals

## **CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, RECOVER, CHASSE**

1-2            Cross rock right over left, recover on left  
3&4           Step right to right side, step left next to right, step right to right side  
5-6           Cross rock left over right, recover on right  
7&8           Step left to left side, step right next to left, step left to left side

## **STEP FORWARD, LOCK, RIGHT LOCK STEP, ROCK, RECOVER, FULL TURN SHUFFLE**

1-2            Step forward on right, lock left behind right  
3&4           Step forward on right, lock left behind right, step forward on right  
5-6           Rock forward on left, recover on right  
7&8           ½ left stepping forward on left, step right next to left, ½ turn left stepping forward on left

**Easy Option: Left Coaster Step for counts 7+8**

## **ROCK, RECOVER, ½ TURN SHUFFLE, STEP ¼ TURN, CROSS SHUFFLE**

1-2            Rock forward on right, recover on left  
3&4           ½ turn right stepping forward on right, step left next to right, step forward on right  
5-6           Step forward on left, ¼ turn right  
7&8           Cross step left over right, step right to right side, cross step left over right

## **¼ TURN, STEP, ROCK, RECOVER, ½ TURN TOE STRUT, ¼ TURN TOE STRUT**

1-2            ¼ turn left stepping back on right, step back on left  
3-4           Rock back on right, recover on left  
5-6           ½ turn left touching right to back, drop heel to floor  
7-8           ¼ turn left touching left toe to left side, drop heel to floor

Start Again.....Happy Dancing

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