

# The One

**Count:** 32

**Wall:** 2

**Level:** Newcomer

**Choreographer:** Conny van Dongen (NL) February 2020

**Music:** The One by Tamara Walker - BPM: 104

**Note : 2 restarts**

**(S1) SIDE STEP, BACK CROSS ROCK STEP, CHASSÉ, CROSS ROCK STEP, CHASSÉ 1/4 TURN R**

1-3 RF side step, LF cross behind RF, RF replace weight

4&5 LF side step, RF together, LF side step

6-7 RF cross step, LF replace weight

8&1 RF side step, LF together, RF 1/4 turn R step forward

**(S2) PIVOT TURN, LOCK STEP, POINT, POINT, BEHIND, SIDE, CROSS**

2-3 LF step forward, 1/2 turn R

4&5 LF step forward, RF cross behind, LF step forward

6-7 RF touch toe forward, touch toe R side

8&1 RF behind LF, LF side step, RF cross step

**(S3) SIDE STEP, HIPSWAYS, CHASSÉ, BACK ROCK STEP, LOCK STEP**

2-3 LF side step and sway hip L, sway hip R

4&5 LF side step, RF together, LF side step

6-7 RF step back, LF replace weight

8&1 RF step forward, LF cross behind, RF step forward

**(S4) PIVOT TURN, FULL TURN R, 1/4 PIVOT TURN, CROSS**

2-3 LF step forward, 1/2 turn R

4-5 LF 1/2 turn R and step back, RF 1/2 turn R and step forward

6-7 LF step forward, 1/4 turn R (weight on RF)

8 LF cross

**RESTART wall 4 & 8**

**Dance up to count 8 of S2, than on & make 1/4 turn L and LF step forw.**

**Start over!!**

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