

The One

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Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Judy Rodgers (USA) July 2015

Music: The One by Elton John

#32 count intro

Cross turn $\frac{1}{4}$ turn $\frac{1}{4}$, sway sway sway, rock recover turn $\frac{1}{4}$, turn $\frac{1}{2}$ turn $\frac{1}{4}$

1&2 Cross L over R, turn $\frac{1}{4}$ left step R back, turn $\frac{1}{4}$ left step L fwd 6:00

3&4 Sway R, sway L, sway R

5&6 Cross rock L over R, recover R, turn $\frac{1}{4}$ left step L fwd 3:00

7-8 Turn $\frac{1}{2}$ left step R back, turn $\frac{1}{4}$ left step L to side 6:00

Cross rock turn $\frac{1}{4}$, mambo step, sweep step (X2), sailor step turn $\frac{1}{4}$ R

1&2 Cross rock R over L, recover L, turn $\frac{1}{4}$ right step R fwd 9:00

3&4 Rock L fwd, recover R, step L back

5-6 Sweep/step R back, sweep/step L back

7&8 Sweep/step R behind L, turn $\frac{1}{4}$ right step L to left side, step R to right side 12:00

**** Restart here: Wall 4 Restarts 9:00, and Wall 8 Restarts 6:00**

Ball step, cross rock turn $\frac{1}{4}$, turn $\frac{1}{2}$ turn $\frac{1}{2}$, turn $\frac{1}{4}$ side rock cross, turn $\frac{1}{4}$ turn $\frac{1}{4}$ cross

&1 Ball step L beside R, step R fwd

2&3 Cross rock L over R, recover R, turn $\frac{1}{4}$ left step L fwd 9:00

4-5 Turn $\frac{1}{2}$ left step R back, turn $\frac{1}{2}$ left step L fwd

6&7 Turn $\frac{1}{4}$ left rock R to right side, recover L, cross R over L 6:00

&8& Turn $\frac{1}{4}$ right step L back, turn $\frac{1}{4}$ right step R to side, cross L over R 12:00

Big step drag, ball step cross turn $\frac{1}{4}$, coaster step, walk walk

1-2 Step R big step to right side, drag L toward R

&3-4 Ball step L beside R, cross R over L, turn $\frac{1}{4}$ right step L back 3:00

5&6 Step R back, step L beside R, step R fwd

7-8 Walk L fwd, walk R fwd

There are 2 Restarts, both after 16 counts.

Restarts:

Wall 4 begins facing 9:00.....dance the first 16 counts and Restart facing 9:00

Wall 8 begins facing 6:00.....dance the first 16 counts and Restart facing 6:00

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=105849