

# THE ONE

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**Count:** 64

**Wall:** 2

**Level:** intermediate/advanced

**Choreographer:** Claire Popkiss

**Music:** The One by The Backstreet Boys

## FULL TURN, ½ TURN HOOK, RIGHT SHUFFLE, LUNGE

- 1-2** Point right to right side, make a full turn right on the ball of left foot, bringing in right leg
- 3-4** Point right to right side, pivot ½ turn right on ball of left, hooking right leg in front of left
- 5&6** Step right forward, close left beside right, step right forward
- 7-8** Step large step forward on left, leaning onto left, step back onto right

## 1 ½ TURNS MOVING BACKWARDS, TOUCH, SCUFF, FLICK, STOMP

- 1-2** Step back left turning ½ turn left, step forward right turning ½ turn left
- 3-4** Step back left turning ½ turn left, kick right foot forward
- &5** Step forward right, touch left next to right
- &6** Step back left, touch right next to left
- 7&8** Scuff right, flick right to right side, stomp right foot back

## SCUFF, ¼ TURN, LEFT SHUFFLE, SWIVEL HEELS TURNING ½

- 1-2** Scuff left foot, stomp left to left side (pointing left foot to 9:00) on count one clap when making a scuff
- 3&4** Bounce heels three times while turning ¼ turn left, while doing so, roll hips to the left
- 5&6** Step left forward, step right beside left, step left forward
- 7&8** Step forward right swivel heels forward, swivel heels back, pivot ½ turn left

## SCUFF, ¼ TURN, LEFT SHUFFLE, SWIVEL HEELS TURNING ½

- 1-2** Scuff left foot, stomp left to left side (pointing left foot to 9:00) on count one clap while making the scuff
- 3&4** Bounce heels three times while turning ¼ turn left, while doing so, roll hips to the left
- 5&6** Step left forward, step right beside left, step left forward
- 7&8** Step forward right swivel heels forward, swivel heels back, pivot ½ turn left

## SIDE SWITCHES, KICK, KICK, BACK SHUFFLE RIGHT

- 1&2 Point right toe to right side, step right beside left, point left to left side
- &3&4 Step left beside right, point right to right side, step right beside left, point left to left side
- &5 Step left beside right, kick right foot forward
- 6 Kick right to right diagonal
- 7&8 Step back right, step left beside right, step back right

**FULL TURN, SAILOR SHUFFLE, SAILOR SHUFFLE, LEFT SHUFFLE**

- 1-2 Step back left turning ½ turn left, step forward right turning ½ turn left
- 3&4 Step left behind right, step right beside left, step left in place
- 5&6 Step right behind left, step left beside right, step right in place
- 7&8 Step forward left, step right beside left, step left forward

**HEEL SWITCHES, ¼ TURN HIP BUMPS**

- 1&2 Point right heel forward, step right beside left, point left heel forward
- &3&4 Step left beside right, point right heel forward, step right beside left, touch left in place
- 5-6 Step left forward turning ¼ turn right pushing left hip out, bump right hip out
- 7-8 Bump left hip out, touch right foot beside left

**RIGHT CHASSE, ¾ TURN, PADDLE TURNS**

- 1&2 Step right to right side, step left beside right, step right to right side
- 3-4 Step left to make a ¼ turn right, step forward right making a ½ turn right
- 5& Turn ½ turn right - pointing left to left side, hitch left foot back in turning ¼ turn right
- 6& Point left to left side, hitch left foot back in turning ¼ turn right
- 7& Point left to left side, hitch left foot back in turning ¼ right
- 8 Step left beside right taking weight

**REPEAT**

**TAG**

**After completing three walls, after the 20th count of the 4th wall:**

**RONDE, REVERSE RONDE**

- 1-4 Step forward right, sweep left toe round to complete a full ronde turn to the right
- 5-8 Step forward left, sweep right toe from behind to complete a reverse ronde turn to the left

## **STEP LOCK STEP LEFT, TOUCH, STEP LOCK STEP RIGHT, TOUCH**

- 1-3** Step back left, cross right over left, step left back
- 4** Touch right beside left
- 5-7** Step back right, cross left over right, step right back
- 8** Touch left beside right

## **SWEEP, SLIDE**

- 1-4** Cross left behind right, make a large circle with left toe, moving to the right
- 5-8** Step a large step forward with left, drag right foot to meet left foot
- 1-4** Rock right to right side, recover, cross right over left, hold

## **CROSS ROCK RIGHT, CROSS ROCK LEFT**

- 5-8** Rock left to left side, recover, cross left over right, hold

## **1 ½ TURNS, SLIDE**

- 1-2** Step back right turning ½ turn right, step forward left turning ½ turn right
- 3-4** Step back right turning ½ turn right, touch left beside right
- 5-8** Step forward left, slide right beside left, weight remains on left

**Once tag has been completed, return to normal dance steps**