

# THE ONE

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**Count:** 32      **Wall:** 4      **Level:** beginner/intermediate

**Choreographer:** The Girls (Maureen & Michelle Jones)

**Music:** I'm The One by Gary Allan

## SYNCOATED SIDE-WEAVES TWICE

- 1-2      Step right to right side, cross left behind right
- &3-4      Step right to right side, cross left over right, step right to right side
- 5-6      Step left to left side, cross right behind left
- &7-8      Step to left side, cross right over left, step left to left side

## SCUFF-STOMP WITH $\frac{1}{4}$ TURN TWICE, ROCK BACK, SHUFFLE FORWARD

- 9-10      Making  $\frac{1}{4}$  turn to left scuff right heel across in front of left, stomp right in place
- 11-12      Making  $\frac{1}{4}$  turn to right scuff left heel across in front of right, stomp left in place
- 13-14      Rock right behind left, rock weight forward onto left
- 15&16      Shuffle forward on right, left, right

## STEP, HOP & FLICK TWICE, SHUFFLE BACKWARDS TWICE

- 17-18      Step forward on left, flick right back while hopping slightly forward on left
- 19-20      Step forward on right, flick left back while hopping slightly forward on right
- 21&22      Shuffle back on left, right, left
- 23&24      Shuffle back on right, left, right

## COASTER, KICK-BALL-TOUCH TWICE, UNWIND $\frac{3}{4}$ TURN LEFT

- 25&26      Step back on left, step right beside left, step forward on left
- 27&28      Kick right forward, step ball of right in place, touch left toes to left
- 29&30      Kick left forward, step ball of left in place, touch right toes to right
- 31-32      Cross right over left, unwind  $\frac{3}{4}$  turn over left shoulder (weight remains on left)

## REPEAT