

THE ONE

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

Choreographer: Åsa Buhlér

Music: My Number One by Helena Paparizou

MAMBO RIGHT, MAMBO LEFT, STEP TURN ½ HALF LEFT, RIGHT POINT HITCH CROSS

- 1&2** Mambo right
- 3&4** Mambo left
- 5-6** Step forward right ½ turn left, weight on left
- 7&8** Point right toe to right side, hitch right knee, cross right foot over left

POINT SWITCHES, UNWIND ¼ RIGHT, MOVING BACK 4 STEPS, POINTING TOES FORWARD

- 9&10** Point left toe to left side, step left foot together, point right toe to right side
- 11-12** Put right foot behind left, unwind ¼ right, weight on right
- 13-14** Left foot back and point right toe forward, right foot back and point left toe forward
- 15-16** Repeat 13-14

LEFT FORWARD, TOE STRUT WITH ½ TURN LEFT, ½ TURN LEFT ENDING WITH POINTING LEFT TOE FORWARD, CROSS SIDE, LEFT SAILOR STEP

- 17-18** Step forward left, point right toe forward
- 19-20½** Turn left, put right heel down, left ½ turn, weight on right point left toe forward
- 21-22** Left cross over right, step right to right side
- 23&24** Left foot behind right, right foot on spot, left foot to left side

BODY ROLLS TO BOTH SIDES, WALKS FORWARD WITH SHIMMY, FULL TURN LEFT

- 25&26** Body roll to the left
- 27&28** Body roll to the right
- 29-30** Step right forward with shimmy, step left forward with shimmy
- 31-32** Full turn on left to the left (pirouette) ending on left foot

Option for 31-32: you can make a paddle turn on 2 counts, ending on left foot

Options for 25-28: you can do hip bumps with attitude

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=33620