

THE ONE

LINEDANCE.COM

Count: 64

Wall: 4

Level: intermediate

Choreographer: John Dowling

Music: You're The One I Love by David Gray

½ TURN LEFT, ROCK RECOVER, LEFT SHUFFLE FORWARD, ½ TURN LEFT, ROCK RECOVER

- 1-2** Make a ½ turn left stepping forward on right, rock step back on left
- 3** Recover weight forward onto right
- 4&5** Step left forward, slide right to meet left, step left forward
- 6-7** Make a ½ turn left stepping forward on right, rock step back on left
- 8** Recover weight forward onto right

ROCKING HORSE TO LEFT DIAGONAL, LEFT CHASSE, CROSS ROCK BEHIND RECOVER

- 1-2** Rock step forward on left (to left diagonal), rock weight back onto right
- 3-4** Rock step back on left behind right, rock weight forward onto right
- 5&6** Chasse left stepping left to side, slide right next to left, step left to side
- 7-8** Rock step back on right behind left, rock weight forward onto left

ROCKING HORSE TO RIGHT DIAGONAL, RIGHT CHASSE, CROSS UNWIND ½ TURN LEFT

- 1-2** Rock step forward on right (to right diagonal), rock weight back onto left
- 3-4** Rock step back on right behind left, rock weight forward onto left
- 5&6** Chasse right stepping right to side, slide left next to right, step right to side
- 7-8** Cross step left behind right, unwind ½ turn left

JAZZ BOX WITH ¼ TURN RIGHT, WALK FORWARD TWICE, STEP FORWARD PIVOT ½ TURN LEFT

- 1-2** Cross step right over left, step slightly back on left
- 3-4** ¼ turn right stepping slightly forward on right, step left forward
- 5-6** Walk forward right, walk forward left
- 7-8** Step right forward, pivot ½ turn left

RIGHT SHUFFLE FORWARD WITH ½ TURN LEFT, LEFT ROCK BACK RECOVER, FORWARD SHUFFLES TWICE

- 1&2** Make a ½ turn left stepping forward on right, sliding left next to right, stepping back on right
- 3-4** Rock step back on left, recover forward onto right
- 5&6** Step left forward, slide right to meet left, step left forward
- 7&8** Step right forward, slide left to meet right, step right forward

LEFT STEP FORWARD WITH ¼ TURN RIGHT, CROSS STEP, HOLD, SIDE STEP, HOLD, CROSSING SHUFFLE

- 1-2** Step left forward with a ¼ turn right, move weight onto right in place
- 3-4** Cross step left over right, hold (body angled slightly to right diagonal)
- 5-6** Step right to side, hold
- 7&8** Cross step left over right, step right slightly to side, cross step left over right

SIDE ROCK RECOVER, CROSS STEP, HOLD, SIDE STEP, HOLD, CROSSING SHUFFLE

- 1-2** Rock step right to side, recover weight onto left in place
- 3-4** Cross step right over left, hold (body angled slightly to left diagonal)
- 5-6** Step left to side, hold
- 7-8** Cross step right over left, step left slightly to side, cross step right over left

¼ TURN LEFT ROCK STEP RECOVER, ½ TURN LEFT SHUFFLE, STEP, PIVOT ½ TURN LEFT, WALK TWICE

- 1-2** Completing a ¼ turn left rock step left forward, recover weight back onto right
- 3&4** Make ½ turn over left shoulder stepping forward on left, step right next to left, step forward left
- 5-6** Right step forward, pivot ½ turn left
- 7-8** Walk forward right, walk forward left

REPEAT

DANCE END

After 5 walls finish the dance with an extra step forward