

THE ONE

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Count: 32

Wall: 2

Level: intermediate

Choreographer: Mark Cook

Music: The One by Gary Allan

WALK FORWARD, ROCK, WALK BACK, ROCK

- 1&2** Walk forward, right, left, right
- 3&4** Rock forward on left, recover weight to right, step back on left
- 5&6** Walk back, right, left, right
- 7&8** Rock back on left, recover weight on right, step forward on left

SIDE ROCK CROSS TWICE, WEAWE $\frac{1}{4}$ TURN, SWEEPS

- 9&10** Rock right to right side, recover weight to left, cross right over left
- 11&12** Rock left to left side, recover weight to right, cross left over right
- 13&14** Step right to right side, step left behind right, step right to right side making $\frac{1}{4}$ turn to right
- 15-16** Sweep left over right, sweep right over left

SHUFFLE BACK, ROCK $\frac{1}{2}$ TURN, ROCK AND STEP, WEAWE LEFT

- 17&18** Shuffle back, left, right, left
- 19&20** Rock back on right, recover weight on left, make $\frac{1}{2}$ turn over left as you step back on right
- 21&22** Rock back on left, recover weight on right, step forward on left
- 23&24** Step right behind left, step left to left side, cross right over left

SWAY LEFT, RIGHT, ROLLING VINE, BACK ROCK, ROCK $\frac{1}{4}$ TURN

- 25-26** Step left to left side swaying hips to left, sway hips to right
- 27&28** Make $\frac{1}{4}$ turn to left as you step on left, make $\frac{1}{4}$ turn left as you step on right, make $\frac{1}{2}$ turn over left shoulder as you step on left
- 29&30** Rock right behind left, recover weight to left, step right to right side
- 31&32** Cross left over right, recover weight to right, step left to left side making $\frac{1}{4}$ turn left

REPEAT

TAG

When you face the front, after every second wall, the tag is as follows

- 1-2** Step right to right side as you sway hips to the right, sway hips to the left
- 3&4** Step right back step left next to right, step right forward
- 5-6** Step left to left side, as you sway hips to the left, sway hips to the right
- 7&8** Step left back, step right next to left, step left forward