

YOU ARE THE ONE!

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Count: 32 **Wall:** — **Level:** —

Choreographer: Donna Marie Bilodeau & Roz Morgan

Music: The One by The Backstreet Boys

Position: side by side, Sweetheart or Cape position

Complimentary Partner dance to Line Dance "All Through The Night", by Roz Morgan

TOE TOUCHES, TRIPLE STEPS

- 1 Touch left toe forward
- 2 Touch left toe next to right foot
- 3-4 Repeat steps 1&2
- 5&6 Triple forward left, right, left
- 7&8 Triple forward right, left, right

KICK, STEP BACK, TOUCH, HIP BUMPS, PIVOT TURN, TRIPLE

- 1&2 Kick left foot forward, step back on left foot, touch right toe next to left foot
- 3& Bump hips right, return hips to center
- 4 Bump hips right as you step the right foot to the right
- 5 Step forward on left foot
- 6 Turn $\frac{1}{2}$ right on right foot (reverse LOD, hands stay connected)
- 7&8 Triple forward left, right, left

STEP, PIVOT $\frac{1}{4}$ TURN, SWAY, $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN, SWAY

- 1 Step right foot forward
- 2 Step pivot left foot $\frac{1}{4}$ turn left (facing outside hands stay connected)
- 3&4 Sway hips right, left, right
- 5 Step left foot $\frac{1}{4}$ turn left (drop left hands bringing right hands over ladies head)
- 6 Step right foot forward $\frac{1}{4}$ turn left (facing inside reconnecting left hands behind man's back)
- 7&8 Sway hips left, right, left

¼ TURN TRIPLE, WALK, WALK, TRIPLE, STOMP, TOUCH

- 1&2** Step ¼ right on right foot as you triple forward right, left, right (back to LOD, bring right hands over ladies head reconnect left hands to cape position)
- 3** Walk forward on left foot
- 4** Walk forward on right foot
- 5&6** Triple forward left, right, left
- 7** Stomp right foot
- 8** Touch left toe next to right foot

REPEAT