

# THE ONE

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**Count:** 64

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Adrian Lefebour

**Music:** The One by The Backstreet Boys

## **CROSS & SIDE, CROSS & SIDE, ROCK FORWARD BACK, TURN, TURN, TURN**

- 1&2** Cross left, rock back right, step left to side
- 3&4** Cross right, rock back left, step right to side
- 5-6** Rock forward onto left & rock back onto right
- 7&8** Complete a 1 ½ turn left, towards back wall, step left-right-left

## **CROSS & SIDE, CROSS & SIDE, ROCK FORWARD BACK, TURN, TURN, TURN**

- 1&2** Cross right, rock back left, step right to side
- 3&4** Cross left, rock back right, step left to side
- 5-6** Rock forward onto right & rock back onto left
- 7&8** Complete a 1 ½ turn right, towards original wall, step right-left-right

## **RIGHT ¼ PIVOT, & CROSS & HEEL & CROSS & HEEL & CROSS & HEEL**

- 1-2** Step left forward & pivot ¼ turn right (transfer weight to right)
- 3&4\*\*** **Cross left, step right back & place left heel at 45 degree angle**
- &5&6** Cross right, step left back & place right heel at 45 degree angle
- &7&8** Cross left, step right back & place left heel at 45 degree angle

## **½ PIVOT, FORWARD SHUFFLE, SIDE ROCK, LEFT SAILOR**

- &1-2** Step left back for & count, step right forward ½ turn left (weight on left)
- 3&4** Shuffle forward right-left-right
- 5-6** Rock left to left side & replace weight to right
- 7&8** Step left behind right, step right to side, step left in place

## **TOUCH RIGHT BEHIND & UNWIND ½ RIGHT, CROSS ROCK, ROCK (3 TIMES)**

- 1-2** Touch right toe behind & unwind ½ right (transfer weight to right)
- 3&4** Cross left in front of right, rock onto right & replace weight left

**5&6** Cross right front of left, rock onto left & replace weight right

**7&8** Cross left in front of right, rock onto right & replace weight left

### **BACK CROSS BACK, BACK CROSS BACK, RIGHT SAILOR, TOUCH UNWIND ½ LEFT**

**1&2** Step back on right, cross left over right, step back right

**3&4** Step back on left, cross right over left, step back left

**5&6** Step right behind left, step left to side, step right in place

**7-8** Touch left behind & unwind ½ left (transfer weight to left)

### **SHUFFLE FORWARD, ½ PIVOT, STEP LEFT, STEP RIGHT, JUMP OUT HEEL CLICKS OUT**

**1&2** Shuffle forward right-left-right

**3-4** Step left forward ½ pivot turn (transfer weight to right)

**5-6** Step left forward, step right together (weight on both feet)

**7&8** Jump both feet out, jump up & click heels together, land with feet slightly apart and weight on right

### **SCUFF ROCK, ROCK, LEFT SAILOR, SCUFF ROCK, ROCK, TOUCH RIGHT BEHIND & UNWIND ½ RIGHT**

**1&2** Scuff left, rock left to side, rock back onto right

**3&4** Step left behind right, step right to side, step left in place

**5&6** Scuff right, rock right to side, rock back onto left

**7-8** Touch right behind & unwind ½ right (transfer weight to right)

### **REPEAT**