

# THE ONE

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**Count:** 48

**Wall:** 2

**Level:** intermediate/advanced

**Choreographer:** Rachael Miller

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

## KICK BALL CHANGE, BODY ROLL, HEEL JACKS

- 1&2** Kick right forward, step right back slightly, step left back slightly
- 3-4** Body roll forward starting with shoulders then body
- &5** Step right back, put left heel out
- &6** Step left next to right, then right next to left
- &7** Step left back, put right heel out
- &8** Step right next to left, then left next to right

## JUMP OUT & IN, SIDE STEP TOUCH CROSS UNWIND

- &1** Jump right out, jump left out
- &2** Jump right in, jump left in
- 3-4** Step right to right side, touch left beside right. On count 4 sharply turn head to face right side
- 5&6** Step forward left, close right beside left, step forward left
- 7-8** Cross right foot in front of left, unwind  $\frac{1}{2}$  turn left

## APPLEJACKS, PIGEON TOES LEFT & RIGHT

- &1** Taking weight on left toe and right heel, swivel left heel and right toe left and return to place
- &2** Taking weight on right toe and left heel, swivel right heel and left toe and return to place
- 3&4** Heels together, toes together, heels together
- 5-8** Repeat steps &1-4 going left

## KICK & CROSS OUT TWICE WITH $\frac{1}{4}$ TURN, GRAPEVINE, STOMP TWICE

- 1&2** Kick right forward, cross right over left, touch left toe to left side
- 3&4** Kick left forward, cross left over right, touch right to right side turning  $\frac{1}{4}$  right
- 5-6** Step right to right side, cross left behind right

**7&8** Step right out to right side, jump forward twice on balls of both feet

### **SIDE, TOGETHER SIDE TOUCH**

**1-2** Step left to left side, step right next to left

**3&4** Step left to left side, touch right next to left, touch right to right side

**5-6** Step right to right side, step left next to right

**7&8** Step right to right side, touch left next to right, touch left to left side

### **PIVOT $\frac{1}{2}$ , PIVOT $\frac{1}{4}$ , LOCK STEP, SCUFF, STOMP**

**1-2** Step left forward, pivot  $\frac{1}{2}$  turn right

**3-4** Step left forward, pivot  $\frac{1}{4}$  turn right

**5&6** Step right forward, lock left behind right, step right forward

**7-8** Scuff left forward bring down and stomp

### **REPEAT**