

The One

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Adeline Cheng (MY), Aprillia Munarwati (INA), Yulia P M (INA) & Happy Dancing Club (INA) - August 2022

Music: - Ariana Grande

Intro 16 counts

SECTION 1 : BOTAFOGO, STEP FORWARD, TOUCH BESIDE, SAILOR $\frac{1}{4}$ L

- 1 & 2 Cross RF Over LF, Step LF To Side, Recover On RF
- 3 & 4 Cross LF Over RF, Step RF To Side, Recover On LF
- 5 - 6 Step RF Forward, Touch LF beside RF
- 7 & 8 Turn $\frac{1}{4}$ L Cross LF Behind RF (facing 9.00), Step RF to side, Step LF to side

SECTION 2 : V STEP $\frac{1}{4}$ TURN R, CROSS $\frac{1}{4}$ TURN R TOUCH SIDE, CROSS BEHIND TOUCH SIDE

- 1 - 2 Step RF Diagonal Forward, Step LF Diagonal Forward
- 3 - 4 Turn $\frac{1}{4}$ R Step RF To Side (facing 12.00), Step LF Beside RF
- 5 - 6 Turn $\frac{1}{4}$ R Step RF Over LF (facing 3.00), Touch LF to L Side
- 7 - 8 Step Back LF behind RF, Touch RF to R Side

SECTION 3 : SYNCOPATHED WEAWE L, CROSS ROCK RECOVER, SHUFFLE $\frac{1}{4}$ TURN R

- 1&2& Cross RF Over LF, Step LF to Side, Cross RF Behind LF, Step LF to Side
- 3&4& Cross RF Over LF, Step LF to Side, Cross RF Behind LF, Step LF to Side
- 5 - 6 Cross RF Over LF, Recover LF
- 7 & 8 Step RF to Side, Step LF beside RF, Turn $\frac{1}{4}$ R Stepping RF Forward (facing 6.00)

SECTION 4 : TRIPLE TURN $\frac{3}{4}$ L, DIAGONAL FORWARD TOUCH, DIAGONAL BACK TOUCH

- 1 - 2 Step LF Forward, Recover on RF
- 3 & 4 Turn $\frac{1}{2}$ Step LF Forward (facing 12.00), Step RF Beside LF, Turn $\frac{1}{4}$ L Step LF Forward (facing 9.00)
- 5 - 6 Step RF Diagonal Forward, Touch LF Beside RF
- 7 - 8 Step LF Diagonal Back, Touch RF beside LF

NO TAG NO RESTART

HAVE FUN & ENJOY THE DANCE!!

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