

Grease : The One

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Count: 96 **Wall:** 1 **Level:** Phrased Beginner

Choreographer: Anthony (MLD - INA) Dec 2013

Music: You're the One That I Want by John Travolta and Olivia Newton John, Album: Grease 1978

PATTERN : A-B-Tag 1-C-Tag 2-A-B-Tag 1-C-C-C-Ending

Intro: 16 counts since the music begun

SESSION A (32 counts) :

I. PRIZZY WALK

1-8 Walk forward with slightly crossing on R, L, R, L, R, L, R, L

II. JAZZ BOX 2x

1-2 Step R cross over L, step L backward

3-4 Step R step to R side, step L forward

5-6 Step R cross over L, step L backward

7-8 Step R to R side, step L forward

III. SKATE AND SHUFFLE (2x)

1-2R skate to R (hand action: R pointing up while L pointing down), L skate to L (hand action: L pointing up while R pointing down)

3&4 Step R to R side (body angle), step L next to R, step R to R side (body angle)

(Hand action: R pointing up twice while L pointing down twice)

5-6L skate to L (hand action: L pointing up while R pointing down), R skate to R (hand action: R pointing up while L pointing down)

7&8 Step L to L side (body angle), step R next to L, step L to L side (body angle)

(Hand action: L pointing up twice while R pointing down twice)

IV. WALK AROUND

1-8 Walk around make a circle to R (clock-wise) on R, L, R, L, R, L, R, L

SESSION B (32 counts) :

I. SHIMMIES

- 1-2 Step R next to L while doing the shaking shoulder to front
- 3-4 Shake shoulder to back
- 5-6 Shake shoulder to front
- 7-8 Shake shoulder to back

II. SKATE - JAZZ BOX

1-2R skate to R, L skate to L

3-4R skate to R, L skate to L

- 5-6 Step R cross over L, step L backward
- 7-8 Step R to R side, step L forward

III . REPEAT SESSION B.I

IV. REPEAT SESSION B.II

SESSION C (32 counts) :

I. ROLL HAND - POSE - RIGHT HAND MOVE

- 1 Roll both hands in front of chest
- 2 Pointing R hand (index finger) up while L knee is pop out
- 3-4 Hold
- 5-8 Move R pointing finger from right to left while your hip is bouncing

(Action: do the count 5-8 while singing "Uh Uh Uh Uh")

II. ROLL HAND - POSE - LEFT HAND MOVE

- 1 Roll both hands in front of chest
- 2 Pointing L hand (index finger) up while R knee is pop out
- 3-4 Hold
- 5-8 Move L pointing finger from left to right while your hip is bouncing

(Action: do the count 5-8 while singing "Uh Uh Uh Uh")

III. REPEAT SESSION C.I

IV. MODIFIED HAND JIVE

- 1&** Slap thighs with both hands, clap
- 2&** Cross right hand over left, cross left hand over right
- 3&** Touch right fist on top of left fist, touch left fist on top of right fist
- 4&** Hitch hike right thumb over right shoulder, hitch hike left thumb over left shoulder
- 5&** Slap thighs with both hands, clap
- 6&** Cross right hand over left, cross left hand over right
- 7&** Touch right fist on top of left fist, touch left fist on top of right fist
- 8&** Hitch hike right thumb over right shoulder, hitch hike left thumb over left shoulder

TAG 1 : OUT-OUT STEP

- 1-4** Step in place with out-out hip action on R L R L

TAG 2 : WALK AROUND

- 1-8** Walk around make a circle to R (clock-wise) on R, L, R, L, R, L, R, L

ENDING : Jump with both hands up and feet apart while shouting "Yeaaaah"

Special thanks to Miss Deshimona for contributing the lovely name for this dance.

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