



The One

Choreographed by Fred Knopp

Description: 32 count, 2 wall, intermediate line dance

Music: **The One** by Gary Allan [68 bpm / Alright Guy / Available on iTunes]

RIGHT ROCK FORWARD, RIGHT SIDE WITH ¼ TURN RIGHT, LEFT CROSS, RIGHT SIDE WITH ½ TURN LEFT, LEFT SIDE, RIGHT CROSS/ROCK, RIGHT SIDE, LEFT CROSS, RIGHT SIDE ¼ TURN LEFT, LEFT ROCK BACK

- 1-2 Rock/step forward on right, rock back on left
- &3 Step right to right with ¼ turn right, step left across in front of right
- &4 Step right to right with ½ turn left, step left to left
- 5-6 Rock/step right across in front of left, rock back on left
- &7 Step right to right, step left across in front of right
- &8 Step right to right with ¼ turn left, rock back on left

ROCK FORWARD RIGHT, LEFT FORWARD, RIGHT SAILOR STEP, LEFT BEHIND, RIGHT SIDE WITH ¼ TURN RIGHT, LEFT FORWARD, STEP RIGHT TOGETHER & PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD

- 9-10 Rock forward on right, step forward on left at a slight diagonal
- &11 Step right behind left, step left to left
- &12 Step right to right, step left behind
- 13-14 Step right to right with ¼ turn right, step forward on left
- &15 Step right next to left & pivot ½ turn right, step forward on left
- &16 Step right next to left, step forward on left

Restart occurs here

RIGHT ROCK FORWARD, RIGHT TOGETHER, PIVOT ½ TURN LEFT, SHUFFLE FORWARD LEFT, PIVOT ¼ TURN LEFT, RIGHT ROCK/ STEP FORWARD, RIGHT BACK WITH ½ TURN RIGHT, LEFT FORWARD, PIVOT ¼ RIGHT, LEFT CROSS

- 17-18 Rock/step forward on right, rock back on left
- &19 Step right next to left, pivot ½ turn left & step forward on left
- &20 Step right next to left, step forward on left
- & Pivot ¼ turn left on ball of left
- 21-22 Rock/step forward on right, rock back on left
- &23 Step back on right with ½ turn right, step forward on left
- &24 Step on right with ¼ turn right, step left across in front of right

RIGHT SIDE, LEFT BEHIND, RIGHT WEAVE, RIGHT SIDE WITH ¼ TURN RIGHT, LEFT FORWARD, STEP RIGHT TOGETHER & PIVOT ½ TURN RIGHT, LEFT FORWARD, RIGHT FORWARD WITH ½ TURN LEFT, LEFT FORWARD

- 25-26 Step right to right, step left behind right
- &27 Step right to right, step left across in front of right
- &28 Step right to right, step left behind right
- 29-30 Step right to right with ¼ turn right, step forward on left
- &31 Step right next to left & pivot ½ turn right, step forward on left
- &32 Step forward on right & pivot ½ turn left on ball of right, step forward on left

REPEAT

TAG

After the 2nd rep of the dance do the tag twice. At the end of the 4th rep do the tag once

RIGHT STEP FORWARD, LEFT ROCK FORWARD, LEFT STEP BACK, RIGHT ROCK BACK

1-2 Step forward on right, rock forward on left

&3 Rock back on right, step back on left

&4 Rock back on right, rock forward on left

RESTART

On the 6th rep do the 1st 16 counts and then restart but pivot ¼ turn left on the ball on the left as you restart to keep the dance in sync of a 2 wall dance

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