

The One

Choreographie: Linda Pink

Beschreibung: 32 Count, 4 Wall, Beginner Linedance (No Tags, No Restart)

Musik: Still The One by Orleans (Album: Still TheOne)

Intro: 32 Counts

STEP, LOCK, STEP, SCUFF, STEP, LOCK, STEP, TOUCH

1-2 Step R Forward, Lock L Behind R,

3-4 Step R Forward, Scuff L

5-6 Step L Forward, Lock R Behind L,

7-8 Step L Forward, Touch R next to L

BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH

1-2 Step R Back at 45 deg Right, Touch L next to R

3-4 Step L back at 45 deg Left, Touch R next to L

5-6 Step R Back at 45 deg Right, Touch L next to R

7-8 Step L back at 45 deg Left, Touch R next to L

VINE RIGHT & TOUCH, VINE LEFT ¼ TURN & SCUFF

1-2 Step R to the side, Step L behind R,

3-4 Step R to the side, Touch L next to R

5-6 Step L to the side, Step R behind L,

7-8 Turn ¼ turn Left step L Forward , Scuff R Forward

HEEL STRUT, HEEL STRUT, “V” STEP

1-2 Step R Heel Forward, Drop R toe to the Floor

3-4 Step L Heel Forward, Drop L toe to the Floor

5-6 Step R Forward at 45 deg Right, Step L Forward at 45 deg Left

7-8 Step R back to the centre, Step L next to R

Start Again