

The One

Music: "One" by The Bee Gees

Easy Beginner Level – 1 Wall – 32 Counts

Choreographed by Rose Haven as a split floor dance for beginners for Intermediate dance: One

Start: 32 counts into music (at vocals)

L Triple step, rock step, Repeat to R

- 1&2 Step L to L side, Step R next to L(&), step L to L side
- 3-4 Step R across in front of L, recover weight back on L
- 5&6 Step R to R side, Step L next to R (&), step R to R side
- 7-8 Step L across in front of R, recover weight back on R

1-8 **Repeat above 8 counts**

Step, Point – 4 Times

- 1-2 Step L forward, Point R toe to R side
- 3-4 Step R forward, Point L toe to L side
- 5-8 Repeat the above 4 counts

Walk Back with a Touch, Walk Back with a Touch

- 1-4 Walk back on the L, R, L, Touch R toe next to L
- 5-8 Walk back on the R, L, R, Touch L toe next to R

Begin again.....