

# The One

Koreograf Åsa Buhler

32 Counts 4 Wall, Level Novice

Music: My Number One by Helena Paparizou

Alternativ music: Jeans by Keith Urban

## **MAMBO RIGHT, MAMBO LEFT, STEP TURN 1/2 LEFT, RIGHT POINT HITCH CROSS**

- 1&2 Mambo Right.
- 3&4 Mambo Left.
- 5-6 Step forward Right 1/2 turn Left, weight on Left.
- 7&8 Point Right toe to Right side (7), hitch Right knee (&), cross Right foot over Left (8).

## **POINT SWITCHES, UNWIND 1/4 RIGHT, MOVING BACK 4 STEPS POINTING TOES FORWARD**

- 9&10 Point Left to Left side and (&) Right toe to Right side.
- 11-12 Put Right foot behind Left, unwind 1/4 Right, weight on Right).
- 13-14 Left foot back and point Right toe forward, Right foot back and point Left toe forward.
- 15-16 Repeat 13-14.

## **LEFT FORWARD, TOE STRUT WITH 1/2 TURN LEFT, 1/2 TURN LEFT ENDING WITH POINTING LEFT TOE FORWARD, CROSS SIDE, LEFT SAILOR STEP**

- 17-18 Step forward Left, point Right toe forward.
- 19-20 1/2 turn Left, put Right heel down, Left 1/2 turn, weight on Right point Left toe forward.
- 21-22 Left Cross over Right, step Right to Right side.
- 23&24 Left foot behind Right, Right foot on spot, Left foot to Left side.

## **BODYROLLS TO BOTH SIDES, WALKS FORWARD WITH SHIMMY, FULL TURN LEFT**

- 25&26 Bodyroll to the Left.
- 27&28 Bodyroll to the Right.
- 29-30 Step Right forward with shimmy, step Left forward with shimmy.
- 31-32 Full turn on Left to the Left (Pirouette) ending on Left foot.

Options for 31-32 you can make a paddle turn on 2 counts, ending on left foot.

Options for 25-28 you can do hipbumps with attitude.

**REPEAT...**