Not The One (不是唯一) (zh)

Count: 32 **Wall:** 2 **Level:** Intermediate/Advanced
Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - 2010年09月
Music: The One (feat. Pixie Lott) - Stan Walker : (CD: From The Inside Out)

前奏： Starts After 16 Counts. 16拍後起跳

第一段 **Rock, Recover & Cross, 1/4, 1/2, Side, Sweep/Behind & Rock, Recover & Cross. 交叉 回復 左 交叉 1/4 1/2 左 交叉繞 交叉 右 交叉 回 左 交叉**

1-2 Cross rock Left over Right, recover on Right.
左足於右足前交叉下沉, 右足回復

&3 Step Left to Left side, cross step Right over Left.
左足左踏, 右足於左足前交叉踏

&4 Make 1/4 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right. 右轉90度左足後踏, 右轉180度右足前踏

&5 Step Left to Left side, cross step Right behind Left as Left sweeps out. 左足左踏, 右足於左足後交叉踏左足繞至後

6&7 Cross step Left behind Right, step Right to Right side, cross rock Left over Right. 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉下沉

8&1 Recover on Right, step Left to Left side, cross step Right over Left.
右足回復, 左足左踏, 右足於左足前交叉踏

第二段 **1/4, 1/2, 1/4 Side, Rock & 1/4, Back, Cross, 3/8, Step 1/2 Step.**
1/4, 1/2, 1/4左, 交叉下沉 回復 1/4, 後 交叉 3/8, 踏 轉 踏

2&3 Make 1/4 turn to Right stepping back on Left, 1/2 turn Right stepping forward on Right, 1/4 turn to Right stepping Left to Left side.
右轉90度左足後踏, 右轉180度右足前踏, 右轉90度左足左踏

4&5 Cross rock Right behind Left, recover on Left, make 1/4 turn Left stepping back on Right.
右足於左足後交叉下沉, 左足回復, 左轉90度右足後踏

6&7 Step back on Left, cross/lock Right over Left, make 3/8 turn to Left stepping forward Left. (1:30)
左足後踏, 右足於左足前交叉鎖踏, 左轉3/8左足前踏(面向1:30)

&8& Step forward on Right, pivot 1/2 turn to Left, step forward on Right. (7:30) 右足前踏, 左軸轉180度, 右足前踏

第三段 **Press, Back, Back, Back, 1/2, 1/2, Step, Step, 1/2, 1/2, Mambo Sweep.**
壓, 後 後 後, 轉 轉 踏, 踏 轉 轉, 前曼波

1 Press forward on Left. (slightly bent knee into press)
左足前壓(略彎膝)

2&3 Run back Right-Left-Right. 後跑-右, 左, 右

4&5 Make 1/2 turn to Left stepping forward on Left, 1/2 turn to Left stepping Right next to Left, step forward Left. (7:30)
左轉180度左足前踏, 左轉180度右足併踏, 左足前踏(面向7:30)

6&7 Step forward on Right, make 1/2 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right. (7:30)
右足前踏, 右轉180度左足後踏, 右轉180度右足前踏(面向7:30)

8&1 Rock forward on Left, recover on Right, step back on Left as Right sweeps out. (7:30) 左足前下沉, 右足回復, 左足後踏右足繞(面向7:30)

第四段 **Behind 3/8 Step, Rock & Step, Back 1/2 Step, 1/2, 1/4. (Rock)**
後 3/8 踏, 前曼波, 後 1/2 踏, 1/2 1/4

2&3 Cross step Right behind Left, make 3/8 turn to Left stepping forward on Left, step forward on Right. (3:00)
右足於左足後交叉踏, 左轉3/8左足前踏, 右足前踏(面向3點鐘)

4&5 Rock forward on Left, recover on Right, step back on Left.
左足前下沉, 右足回復, 左足後踏

6&7 Step back on Right, make 1/2 turn to Left stepping forward on Left, step forward on Right. (9:00)
右足後踏, 左轉180度左足前踏, 右足前踏(面向9點鐘)

8& Make 1/2 turn to Right stepping back on Left, 1/4 Right stepping Right to Right side. (6:00)
右轉180度左足後踏, 右轉90度右足右踏(面向6點鐘)

RESTART With Small Step Change… Wall 3**, Dance Up To & Including Count 7 Section 1… Then Change Steps & Count To..**
第三面牆跳至第一段第7拍後, 改成下面舞步

&8& Recover on Right, step Left to Left side, cross step Right over Left.. From Count 1.. Back Wall
右足回復, 左足左踏, 右足於左足前交叉踏
You Will Be Facing The Right Corner On Back Wall.. Begin Dance Again此時會面向後面牆的右斜角, 面向後面牆從頭起跳
