

One Is Breaking /updated dec 09/

48 counts, 4 walls, beginner/intermediate level

Choreographed by: Louise Elfvengren Dec 03 (SE)

Choreographed to: One by Faith Hill, Album Cry, (79 bpm)

40 counts intro, start at lyrics (**The song is very long, feel free to shorten it**)

SECTION 1

SHUFFLE BACK, 1/2 TURN COASTER STEP, SHUFFLE BACK, COASTER STEP

- 1&2 Step right back, close left beside right, step back left. (12 o clock)
- 3&4 Step left back, step right beside left, step left forward turning 1/2 right. (6 o clock)
- 5&6 Step right back, close left beside right, step back left.
- 7&8 Step left back, step right beside left, step left forward.

SECTION 2

SIDE, TOGETHER, FORWARD x 2, MAMBO FORWARD, MAMBO BACKWARDS

- 1&2 Step right to right side, step left next to right, step forward on right.
- 3&4 Step left to left side, step right next to left, step forward on left.
- 5&6 Step forward right, rock back onto left, step right next to left.
- 7&8 Step back with left, rock forward onto right, step left next to right. (6 o clock)

SECTION 3

SHUFFLE BACK, 1/2 TURN COASTER STEP, SHUFFLE BACK, COASTER STEP

- 1&2 Step right back, close left beside right, step back left. (6 o clock)
- 3&4 Step left back, step right beside left, step left forward turning 1/2 right. (12 o clock)
- 5&6 Step right back, close left beside right, step back left.
- 7&8 Step left back, step right beside left, step left forward.

SECTION 4

SIDE, TOGETHER, FORWARD x 2, MAMBO FORWARD, MAMBO BACKWARDS

- 1&2 Step right to right side, step left next to right, step forward on right.
- 3&4 Step left to left side, step right next to left, step forward on left.
- 5&6 Step forward right, rock back onto left, step right next to left.
- 7&8 Step back left, rock forward onto right, step left next to right. (12 o clock)

SECTION 5

SKATE FORWARD RIGHT AND LEFT, FORWARD ROCK AND SHUFFLE BACKWARDS

- 1-2 Swivel right, swivel left foot, travelling forward.
- 3&4 Swivel right, swivel left, swivel right, travelling forward.
- 5-6 Rock left forward, recover weight onto right.
- 7&8 Step left back, close right beside left, step back right. (12 o clock)

RESTART WALL 2 from the beginning

SECTION 6

ROCK RECOVER, 1/4 RIGHT SAILOR STEP, ROCK RECOVER, SAILOR STEP

- 1-2 Rock right foot to right side, recover weight to left.
- 3&4 Cross right behind left, turn 1/4 to the right and step left foot to the left side, step right to right side (3 o clock)
- 5-6 Rock left foot to right side, recover weight to right.
- 7&8 Cross left behind right, step right foot to the right side, step left to left side (3 o clock)

Restart WALL 2, after finishing section 5.