

The One**IMPROVER**

32 Count 4 Walls

Choreographed by: Maureen Jones

(The Girls) & Michelle Jones (The Girls)

Choreographed to: I'm The One by Gary Allan

Syncopated Side-Weaves X 2

- 1 - 2 Step right to right side, cross left behind right
& 3 - 4 Step right to right side, cross left over right, step right to right side
5 - 6 Step left to left side, cross right behind left
& 7 - 8 Step to left side, cross right over left, step left to left side

Scuff-Stomp With 1/4 Turn X 2, Rock Back, Shuffle Forward

- 9 - 10 Making 1/4 turn to left scuff right heel across in front of left, stomp right in place
11 - 12 Making 1/4 turn to right scuff left heel across in front of right, stomp left in place
13 - 14 Rock right behind left, rock weight forward onto left
15 & 16 Shuffle forward on right, left, right

Step, Hop & Flick X 2, Shuffle Backwards X 2

- 17 - 18 Step forward on left, flick right back while hopping slightly forward on left
19 - 20 Step forward on right, flick left back while hopping slightly forward on right
21 & 22 Shuffle back on left, right, left
23 & 24 Shuffle back on right, left, right

Coaster, Kick-Ball-Touch X 2, Unwind 3/4 Turn Left

- 25 & 26 Step back on left, step right beside left, step forward on left
27 & 28 Kick right forward, step ball of right in place, touch left toes to left
29 & 30 Kick left forward, step ball of left in place, touch right toes to right
31 - 32 Cross right over left, unwind 3/4 turn over left shoulder (weight remains on left)