

Not The Only One

Count: 48

Wand: 4

Ebene: Advanced - smooth

Choreograf/in: Maria Maag (DK) - September 2013

Musik: Hope - Emeli Sandé



Intro: 8 counts from first beat

Tag: 4 counts on wall 3, after 32& counts (facing 1:30) (turn 1/8 R and step L to side and sway L

1-4 (1), sway R(2), step L to side(3), rock back R(&) recover L(4))

Then restart dance from the beginning. (facing 3:00)

Ending: 8 counts after wall 4 (facing 12 0`clock) (see more details below)

[1 – 8] ¼ R sweep ¼ R, cross side together, cross ¼, ¼ R side, weave R

&1 ¼ turn R stepping down R (&), ¼ turn R on R and sweep L (1) 06:00

2&3 Cross L over R (2), step R to side (&), step L next to R (3) 06:00

4&5 Cross R over L (4), ¼ turn R stepping back L (&), ¼ turn R stepping R to side (5) 12:00

6&7 Cross L over R (6), step R to side (&), step L diagonally back R (7) 10:30

[9 – 16] Behind 1/8 Side 1/8 rock fw. R, recover L coaster step fw. L, full turn L travelling fw. step ½ turn L, run L run R step full spiral R

8&1 Step R back (8), turn 1/8 L stepping L to side (&), turn 1/8 L rock R fw. (1) 07:30

2&3 Recover L (2), step R next to L (&), step fw. L (prep R) (3) 07:30

4&5 ½ turn L stepping back R (4), ½ turn L stepping fw. L (&), step fw. R and make a ½ turn L on R (5) 01:30

6&7 Run fw. L (6), run fw. R (&), step fw. L and make a full spiral turn R (7) 01:30

[17 – 24] Run R run L rock R, recover side cross rock L over R, recover, ½ L, ¼ L basic R, ¼ R back on L

8&1 Run fw. R (8), run fw. L (&), rock fw. R (1) 01:30

2&3 Recover L (2), square up to 3 0`clock stepping R to side (&), cross rock L over R (3) 03:00

4&5 Recover R (4), ½ turn L stepping fw. L (&), ¼ turn L stepping R to side (5) 06:00

6&7 Close L behind R (6), cross R over L (&), ¼ turn R stepping back L (7) 09:00

[25 – 32] Back rock recover, step R fw. full spiral turn L, figure 4 step fw. with L knee bend, step R fw. full spiral turn L, rock L fw. recover R step L ¼ L , weave sweep L

8&1 Rock R back (8), recover L (&), step fw. R and make a full spiral turn L (1) 09:00

2-3 Step fw. L bend L knee, place R foot on the inside of L knee (2), step fw. R and make a full spiral turn L (3) 09:00

4&5 Rock fw. L (4), recover R (&), ¼ turn L stepping L to side (5) 06:00

6&7 Cross R over L (6), step L to side (&), cross R behind L and sweep L (7) 06:00

[33 - 40] Behind 1/8 R, slow step ½ turn R, step fw. and turn ½ R and sweep R, ½ turn R and sweep L, jazz box 1/8 L, sway L

8&1 Cross L behind R (8), turn 1/8 R step R fw. (&) Tag : wall 3, step L fw. R and make a slow ½ turn R on L 07:30

2&3 continue the slow ½ turn R on L (2), step down R (&), ½ turn R stepping back L and sweep R (3) 07:30

4-5 ½ turn R stepping fw. R and sweep L (4), cross L over R (5) 01:30

6-7 Step back R (6), square up to 12 0`clock stepping L to side and sway L (7) 12:00

[41 - 48] Recover R, back rock L recover R ¼ L and sweep R, 1/8 L and place R toe in front of L, walk R fw, step ½ turn R, spin ½ turn R, sway R sway L and drag R to L

8&a1 Recover R (8), rock back L (&), recover R (a), ¼ turn L stepping fw. L and sweep R (1) 09:00

2-3 Turn 1/8 L and place R toe in front of L (as a touch)(2), step fw. R (3) 07:30
4-5 Step fw. L (4), ½ turn R stepping down R (5) 01:30
6-7-8 Step L next to R and make a ½ spin turn R (6), square up to 9 0`clock stepping R to side and sway R (7), sway L and drag R next to L (8) 09:00

Ending Weave L and sweep, behind side cross side and touch L behind, unwind L and sweep R

1&2 Cross R over L (1), step L to side (&), cross R behind L and sweep L (2) 12:00
3&4 Cross L behind R (4), step R to side (&), cross L over R (4) 12:00
&5-6 Step R to side (&), touch L behind R (5), unwind full turn L (6) 12:00
7-8 Sweep R (7-8)... (Step fw. on R on count 1) END OF DANCE 12:00

Enjoy...:-)

Contact: Maria.maag.dk@gmail.com
