The Only One



Count: 32 Wand: 4 Ebene: Easy Intermediate

Choreograf/in: John Warnars (NL) - November 2013

Musik: It's You Again - Leland Martin : (CD: I Need A Little Home Time)



Intro: 16 counts

R SIDE STEP, CROSS ROCK, RECOVER, L SIDE SHUFFLE, R CROSS STEP, ¼ TURN R (step back), ¼ TURN R SIDE SHUFFLE;

1	RF step to right side
2	LF cross rock LF over RF
3	RF recover back on RF
4	LF step\close to left side

& RF step next LFLF step to left side

6 RF cross step RF over LF 7 LF ¼ turn right, step back (3)

8 RF ¼ turn right, step to right side (6)

& LF step\close next RF1 RF step to right side

L CROSS ROCK, RECOVER, L SIDE SHUFFLE, R CROSS STEP, 1/4 TURN R (step back), 1/2 SHUFFLE TURN R;

2	LF cross rock LF over RF
3	RF recover back on RF
4	LF step to left side
&	RF step\close next LF
5	LF step to left side
6	RF cross step RF over LF

7 RF cross step RF over LF LF ¼ turn right, step back (9)

8 RF ¼ turn right. Step to right side (12)

& LF step\close next RF

1 RF with ¼ turn right, step forwards (3)

LF rock forwards

ROCK (fwd), RECOVER, L LOCK STEP (back), 1/4 TURN R ROCK SWAY, RECOVER (with sway), R SIDE SHUFFLE with 1/4 TURN R;

_	Li Took forwardo
3	RF recover back on RF
4	LF step backwards
&	RF RF lock across LF

5 LF step backwards

6 RF ¼ turn right, rock to right side (6) and push hips to right (sway)

7 LF recover back on LF, and push hips to left side (sway)

8 RF step to right side& LF step\close next RF

1 RF ¼ turn right, step forwards (9)

ROCK (fwd), RECOVER, L LOCK STEP (back), FULL TURN R (2 counts), *R SWEEP into CROSS (behind), L SIDE STEP;

(*prepare for R Sailor step & restart!)

2 LF rock forwards

3 RF recover back on RF

4	LF step backwards	
&	RF RF lock across LF	
5	LF step backwards	
6	RF ½ turn right, step forwards (3)	
7	LF ½ turn right, step backwards (9)	
8	*RF sweep RF behind LF (front to back)	
&	LF step to left side	
1	RF start again (step to right side)	
on counts 8 & 1 (1 = Restart) of 4th block, prepare for R Sailor step!		
8	RF sweep\cross RF behind LF	
&	LF step to left side	
1	RF step to right side (restart new wall)	

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