

# He's the One

Count: 32

Wall: 2

Level: High Beginner

Choreographer: Jeanette Bowen (USA) - June 2021

Music: Seventh Son - Johnny Rivers : (Album: Greatest Hits)



(Special thanks to Sue Alexander, Virginia Coffey, Esther Hunt, Sandy Nash, Cindy Snow, and Anne Wood for contributing to this choreography)

(Be sure to use the Greatest Hits version for the restart)

Intro: 16 counts

**[1-8] Diag. Lock fw R L, Cross, Back, Side, Scuff, Crossing Triple**

- 1&2& Step R fw to right diag (1), Lock L behind R (&), Step R fw to right diag. (2) Scuff L (&  
3&4& Step L fw to left diag (3), Lock R behind L (&), Step L fw to left diag. (4), Scuff R across L (&  
5&6& Cross R over L (5), Step L back (&), Step R to right side (6), Scuff L across R (&  
7&8 Cross L over R (7), Step R to right side (&), Cross L over R (8)

**[9-16] Monterey Turns x 2; Step out, out, in, in, "do your thing" (hip bumps, wiggle, sway, swim, etc.)**

- 1&2& Point RF to R, ¼ turn R closing RF next to L; Point LF to L, close LF next to R  
3&4& Point RF to R, ¼ turn R closing RF next to L; Point LF to L, close LF next to R (6:00)  
5&6& Step RF to right, LF to left, bring RF back to center, bring LF back to center  
7&8& For four counts "do your own thing" (wiggle up & down, swim, hip bumps, sway, etc) (6:00)

(Restart here on wall 4. Wall begins at 6:00 and restarts at 12:00)

**[17-24] Twist Right, clap; Twist Left; clap**

- 1-4 Twist both feet R, L, R, clap  
5-8 Twist both feet L, R, L, clap (6:00)

**[18-32] Toe heel struts RF, LF, RF, LF (with attitude)**

- 1-8 Strut R toe/heel, L toe/heel, R toe/heel, L toe/heel (6:00)

Repeat. Have FUN!!!

Last Update: 22 Apr 2022

---