

The One

Count: 32

Wall: 4

Level: Improver

Choreographer: Nina McMullan (N.IRE)

Music: Here (In Your Arms) - Hellogoodbye



RIGHT STEP, LEFT TOUCH, AND RIGHT HEEL, AND STEP LEFT, RIGHT KICK BALL CHANGE TWICE

- 1-2 Step right forward, touch left toe together
- &3 Step left together, touch right heel forward
- &4 Step right together, step left forward
- 5&6 Kick right forward, step right together, step left in place
- 7&8 Kick right forward, step right together, step left in place

RIGHT SIDE ROCK, CROSS SHUFFLE, FULL TURN RIGHT STEPPING LEFT, RIGHT, LEFT, RIGHT

- 1-2 Rock right to side, recover onto left
- 3&4 Cross right over left, step left to side, cross right over left
- 5-6 Turn $\frac{1}{4}$ left and step left forward, turn $\frac{1}{2}$ left and step right back
- 7-8 Turn $\frac{1}{4}$ left and step left to side, step right together

LEFT SIDE ROCK, CROSS SHUFFLE, STEP RIGHT, LEFT TOUCH, LEFT KICK BALL CHANGE

- 1-2 Rock left to side, recover onto right
- 3&4 Cross left over right, step right to side, cross left over right
- 5-6 Step right to side, touch left together
- 7&8 Kick left forward, step left together, step right together

STEP LEFT, RIGHT TOUCH, RIGHT KICK BALL CHANGE, RIGHT ROCK FORWARD, $\frac{1}{2}$ STEP LEFT

- 1-2 Step left to side, touch right together
- 3&4 Kick right forward, step right together, step left in place
- 5-6 Rock right forward, recover onto left
- 7-8 Turn $\frac{1}{2}$ right and step right forward, step left forward

REPEAT

Thank you to my Brother Gavin and Siobhan for giving me the music. Congratulations on your engagement,
This dance is for you, xx
