

# The One

Count: 32

Wall: 4

Level: Improver

Choreographer: Nina McMullan (N.IRE)

Music: Here (In Your Arms) - Hellogoodbye



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## 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

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