

If You're Not The One

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Paulette Hylands (UK)

Music: If You're Not the One - Daniel Bedingfield



LEFT CHASSE WITH ¼ TURN, STEP SLIDE, BACK ROCK, TURNING WEAVE, TOUCH

- 1&2 Step left to left side, close right to left, step left ¼ turn left
3-4& Step right to right side sliding left towards right, cross rock back on left, recover
5&6& Step left foot ½ turn right, step right ½ turn right, step left to left side, cross right behind left
7-8 Step left to left side, step right beside left (weight now on left)

STEP BACK, TOUCH FORWARD, RIGHT FORWARD SHUFFLE, RONDE ½ RIGHT, LEFT FORWARD SHUFFLE, TOUCH

- 9-10 Step back on left, touch right toes forward
11&12 Step forward on right, close left to right, step forward on right
13-14& While pivoting ½ turn right on ball of right, sweep left foot round (weight stays on right) step left forward, close right to left
15-16 Step left forward, touch right beside left (weight stays on left)

SIDE ROCK, RECOVER, TOUCH, STEP TO RIGHT, BACK CROSS ROCK, STEP ¼ LEFT, RONDE ¾ LEFT, BACK LEFT CROSS, STEP TO RIGHT, RIGHT CROSS STEP

- 1&2 Rock right to right side, recover weight on left, touch right beside left (weight stays on left)
3-4& Step right to right side sliding left towards right, cross rock back on left, recover
5-6 Step left ¼ turn to left, while pivoting ¾ turn left on ball of left, sweep right foot round and step in place
7&8 Step left foot behind right, step right to right side, cross left over right

STEP SLIDE, BACK ROCK, STEP ¼ LEFT, STEP TOGETHER, LEFT COASTER STEP LEFT ½ RONDE, TOUCH

- 1-2& Step right to right side sliding left towards right, cross rock back on left, recover
3-4 Step left foot ¼ turn left, step right beside left (weight now on right)
5&6 Step left foot back, step right beside left, step right foot forward
7&8 While pivoting ½ turn left on ball of left foot, sweep right foot round and place weight down, touch left beside right

REPEAT