

# 4 The 1

**Count:** 72

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Michael Vera-Lobos (AUS) - July 2007

**Music:** In the Arms of the One Who Loves Me - Ty Herndon



## **DIAGONAL, DRAG, KICK, STEP BACK, 1/8 LEFT, CROSS, SIDE, RECOVER, CROSS 1/4 LEFT, 1/2 LEFT, 1/4 LEFT**

- 1-2-3 Turn 1/8 right and step left forward, drag right toward left, kick right forward (10:30)  
4-5-6 Step right back, turn 1/8 left and step left forward, cross right over left (9:00)  
1-2-3 Rock left to side, recover on right, cross left over right  
4-5-6 Turn 1/4 left and step right back, turn 1/2 left and step left forward, turn 1/4 left and step right to side (9:00)

## **SAILOR WALTZ LEFT, CROSS BEHIND, 1/4 LEFT, 1/4 LEFT, SAILOR WALTZ LEFT, CROSS BEHIND, 1/4 LEFT, 1/2 LEFT**

- 1-2-3 Cross left behind right, rock right to side, recover on left  
4-5-6 Cross right behind left, turn 1/4 left and step left forward, turn 1/4 left and step right to side (3:00)  
1-2-3 Cross left behind right, rock right to side, recover on left  
4-5-6 Cross right behind left, turn 1/4 left and step left forward, turn 1/2 left and step right back (6:00)

## **STEP BACK, DRAG/TOUCH, HOOK, FULL SPIN FORWARD RIGHT, STEP FORWARD, 1/2 RIGHT RAISE, DROP TURN 3/4 RIGHT**

- 1-2-3 Step left back, drag right toward left and touch right toe forward, hook right over left  
4-5-6 Step right forward, turn 1/2 right and step left back, turn 1/2 right and step right forward  
1-2-3 Step left forward, turn 1/2 right (weight to right, raising both heels), drop left heel  
4-5-6 Step right forward, turn 1/2 right and step left back, turn 1/4 right and step right to side (9:00)

## **DIAGONAL, DRAG, KICK, BACK, SIDE, CROSS, SIDE STEP, DRAG BESIDE FULL TURN RIGHT**

- 1-2-3 Turn 1/8 right and step left forward, drag right toward left, kick right forward (10:30)  
4-5-6 Step right back, turn 1/8 left and step left to side, cross right over left (9:00)  
1-2-3 Big step left to side, drag right toward left for two counts  
4-5-6 Turn 1/4 right and step right forward, turn 1/2 right and step left back, turn 1/4 right and step right to side (left heel raised, 9:00)

## **1/4 DROP LEFT, 1/2 SWEEP AROUND LEFT, CROSS, SIDE, BEHIND, 1/4 LEFT, 1/2 SWEEP AROUND LEFT, CROSS SIDE, BEHIND**

- 1-2-3 Turn 1/4 left and drop left heel, turn 1/2 left over 2 counts (12:00)  
*On the turn, sweep right foot around to the side*  
4-5-6 Cross right over left, step left to side, cross right behind left (12:00)  
1-2-3 Turn 1/4 left and step left forward (9:00), turn 1/2 left over 2 counts (3:00)  
*On the turn, sweep right toe around to the side*  
4-5-6 Cross right over left, step left to side, cross right behind left (3:00)

## **SIDE ROCK, RECOVER, 1/2 HINGE LEFT, CROSS, 1/4 RIGHT, 1/2 RIGHT, STEP FORWARD, 1/4 RIGHT CROSS, STEP SIDE, 1/2 HINGE LEFT, CROSS**

- 1-2-3 Rock LEFT TO SIDE, RECOVER on right, turn 1/2 left and step left to side (9:00)  
4-5-6 Cross right over left, turn 1/4 right and step left back, turn 1/2 right and step right forward (6:00)  
1-2-3 Step left forward, turn 1/4 right (weight to right), cross left over right (9:00)  
4-5-6 Step right to side, turn 1/2 left and step left to side, cross right over left (3:00)

## **REPEAT**

## **TAG: At END of WALLS 2 (facing back) & 4 (facing front wall) traveling to corners**

- 1-2-3 Turn 1/8 left and step left forward, step right together, step left together

4-5-6 Step right back, turn  $\frac{1}{2}$  left and step left forward, step right forward  
1-2-3 Step left forward, turn  $\frac{1}{2}$  right (weight to right), step left forward  
4-5-6 Step right forward, turn  $\frac{1}{2}$  right and step left back, turn  $\frac{5}{8}$  right and step right forward  
(12:00)

**Start again**

**FINISH: Music fades near end. Keep dancing at normal speed to count 69 and turn over left to face front wall**

[EMail](#) / [Website](#)

---