

# My Only One

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**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Andrico Yusran (INA) - December 2019

**Musique:** My Only One (No Hay Nadie Más) - Sebastián Yatra & Isabela Merced



**Restart :** On wall 5 after 16 counts

**Start Dance after music intro 32 counts**

## **S1# LOCK SHUFFLE - SPIRAL 3/4 TURN - LOCK SHUFFLE - FORWARD ROCK**

1&2 Step R forward , L lock behind R , R forward  
3-4 Step L forward , R back touch behind 3/4 turn to R ( 9.00 )  
5&6 Step R forward , L lock behind R , R forward  
7-8 Step L forward , R recover

## **S2# BACK - BACK SWEEP - CROSS - SIDE - CROSS ( SWEEP ) - CROSS - SIDE - 1/2 TURN - SIDE - CLOSE - FORWARD**

1-2 Step L back , R sweep back  
3&4 Step R cross behind L , L side , R cross over L with L sweep forward  
5-6 Step L cross over R , Making 1/2 turn to L  
7&8 Step L to side , R close beside L , L forward

**\*( Restart here on 5 )\***

## **S3# SIDE - CROSS - SIDE - BACK LOCK 1/8 - BACK ROCK - FORWARD - CLOSE**

1-2-3 Step R to side , L cross over R , R side  
4&5 Step L 1/8 back ( 1.30 ) , R back cross over L , L back  
6-7 R back , L recover  
8-& R forward , L close beside R ( 1.30 )

## **S4# LUNGE - BACK CHASSE 1/8 - PIVOT 3/8 - WALK**

1-2 R touch push forward , HOLD ( weight on R )  
3&4 L side , R close beside L , L 1/8 turn forward ( 7.30 )  
5-6 R forward , L in place ( 3.00 )  
7-8 Walk R - L forward

**Enjoy The Dance**

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