

Only One Thing

Compte: 32

Mur: 4

Niveau: Improver



Chorégraphe: Lisa McCammon (USA) - February 2020

Musique: Nobody But You (feat. Gwen Stefani) - Blake Shelton : (CD: Fully Loaded, God's Country)

70bpm; 8 count intro; clockwise rotation; start weight on L

Sequence: 32, 32, 8, 32, 32, 26, 32, 25

BACK/SWEEP, TRIPLE BACK/SWEEP, COASTER STEP, TRIPLE FORWARD, ROCK, RECOVER

- 1 Step back R whilst sweeping L back
- 2&3 Step back L, close R, step back L whilst sweeping R back
- 4&5 Step back R, close L, step forward R
- 6&7 Step forward L, close R step forward L
- 8& Rock forward R, recover L ***RESTART #1

TURN RIGHT ¼ INTO NC BASIC R, NC BASIC L, SWAY, SWAY, JAZZ BOX CROSS

- 1 Turn right ¼ [3] stepping side R
- 2&3 Step L behind, cross R, step L to side
- 4& Step R behind, cross L
- 5-6 Step R to side swaying R, sway L (open slightly to left diagonal to prep cross step)
- 7&8& Cross R, step back L, step R to side, cross L (prep turn left)

TURN, SIDE-CLOSE-TURN, SIDE-CLOSE-TURN, SIDE-CLOSE-TURN-BALL-STEP

(Note: this series makes a box and ends at the same wall where it starts; turns are on 1, 3, 5 & 7.)

- 1, 2& Turn left ¼ [12] stepping back R, step L to side, close R
- 3, 4& Turn left ¼ [9] stepping forward L, step R to side, close L
- 5, 6& Turn left ¼ [6] stepping back R, step L to side, close R
- 7&8 Turn left ¼ [3] stepping forward L, close R, step forward L
(Hint: the rhythm changes for 7&8; it may helpful to think of this as "turn-cha-cha.")

ROCK, RECOVER-&ROCK-&ROCK-&COASTER STEP, ROCK-&ROCK-&

- 1-2 Rock forward R, recover L ***RESTART #2
- &3&4& Close R, rock forward L, recover R, rock side L, recover R
- 5&6 Step back L, close R, step forward L
- 7&8& Rock forward R, recover L, rock side R, recover L

***RESTART#1 DURING the 3rd repetition after 8 counts, facing 6:00.

***RESTART #2 DURING the 6th repetition after 26 counts, starting at 12:00 and restarting facing 3:00.

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