

Only You

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Lucy Aprilina Lo (INA) - June 2022

Musique: Only One You - T.G. Sheppard



S 1: SIDE ROCK – CROSS SHUFFLE -SIDE ROCK - GALLOP

- 1-2 Rock R to side- Recover on L
3&4 Cross R over L- Step L slightly to side- Cross R over L
5-6 Rock L to side – Recover on R
7&8 Cross L behind R- step R to side- Cross L over R

S 2: SIDE ROCK- TURN ¼ L- FORWARD SHUFFLE- MAMBO- SWEEP BACK R AND L

- 1-2 Rock R to side- Turn ¼ L, Step L forward (9.00)

***Change step 3-4: Walk forward L and R**

****Restart here on wall 4 after 12 c**

- 3&4 Step R forward- Step. L beside R- Step. R forward
5&6 Rock L forward- recover on R- Step L back
7-8 Sweep R from front to back, step R back, Sweep L from front to back , step L back

RESTART HERE ON WALL 2 AND 6

S 3: COASTER STEP -SHUFFLE FORWARD- PIVOT 1/4 L– CROSS SHUFFLE

- 1&2 Step R back – Step L together - Step R forward
3&4 Step L forward- Step R together- Step L forward
5-6 Step R forward- turn ¼ L, step L in place (6.00)
7&8 Cross R over L- Step L to side- Cross R over L

S 4: SYNCOPATED MONTEREY - HEEL SWITCHES- ROCK- RECOVER- COASTER STEP TURN WITH SWEEP

- 1-&2& Touch L to Side- Close L beside R- touch R to Side- close R beside L
3&4 & Tap L heel forward- close L beside R-Tap R heel forward – Close R beside L
5-6 Rock L forward- recover on R
7&-8 Turn ¼ L, Sweep Lf from front to back- (3.00)--Step R next to L- Step L forward

RESTART ON WALL 2 & 6 AFTER 16 COUNT

RESTART ON WALL 4 AFTER 12 COUNT WITH CHANGE STEP

(On Session 2 count 3&4) Shuffle forward change to walk R&L

Lets enjoy the dance

Contact me; sanitadress@yahoo.com or lucie2704@gmail.com