

My One Was You

Compte: 32

Mur: 2

Niveau: Intermediate

Chorégraphe: Laura Bartolomei (FR) - July 2022

Musique: Flowers - Lauren Spencer-Smith



Intro: 16 counts

Tags : after wall 1, after wall 2, after wall 4

[1 – 8] NightClub Basic 1/4, Step turn step, Full turn, Mambo 2x

- 1 – 2& Step RF to R, Step LF together with RF, Cross RF over LF 12:00
- 3 – 4& Turn ¼ L stepping LF forward, Step RF forward, Turn ½ L finishing weight on LF 9:00
- 5 – 6& Step RF forward, Turn ½ R stepping LF back, Turn ½ R stepping RF forward 9:00
- 7 & 8 & Rock LF forward, Recover on RF, Rock LF to L, Recover on RF 6:00

[9 – 16] Cross, Mambostep, Weave, Spiral, Step, Hitch, Mambostep, Rockstep

- 1 – 2& Cross LF behind RF, Rock RF to R, Recover on LF 6:00
- 3 & 4 Cross RF behind LF, Step LF to L, Cross RF over LF turning ¾ L 6:00
- 5 – 6& Step LF forward hitching RF with open knee, Rock RF forward, Recover on LF 6:00
- 7 – 8& Turn 1/8 R stepping RF back, Rock LF forward with R knee pop, Recover on RF with L knee pop 12:00

Arms

- 7&8& Stretch RA forward (7), Stretch LA forward (&), Bring BA bent in front of chest (8), Stretch BA forward (&)

[17 – 24] Cross, Sweep, Weave, Sweep, Step 2x, Rockstep, Chainé turn, Rockstep, Chainé turn

- 1 – 2& Cross LF over RF sweeping RF back to front, Cross RF over LF, Step LF to L 12:00

Arms Bring BA from bottom to top in a circular motion (1), Lower BA in your own style (2&)

- 3 – 4& Cross RF behind LF sweeping LF front to back, Turn 1/8 L stepping LF back 12:00
- 5 – 6& Step RF back, Turn 3/8 L rocking LF to L, Recover on RF turning ¼ R, Step LF together with RF turning ¾ R 9:00
- 7 – 8& Rock RF to R, Recover on LF turning ¼ L, Step RF together with LF turning ¾ L 9:00

[25 – 32] Step sweep 3X, Rockstep, Hitch, Step 2x, Side mambo, Cross mambo

- 1 – 2 Step LF forward sweeping RF back to front, Step RF forward sweeping LF back to front 3:00
- 3 – 4 – 5 Step LF forward sweeping RF back to front, Rock RF forward, Recover on LF hitching RF 3:00

Arms LA stretched forward, RA moving from bottom to front in a circular motion (5)

- 6 & 7 Step RF back, Cross LF behind RF turning ¼ R, Rock RF to R 12:00
- & 8 & Recover on LF, Rock RF crossed behind LF, Recover on LF 12:00

Tag

[1 – 8] Heel taps 3x, Step, Pirouette, Step, Hold 3x

- a1 – 2 – 3 Point RF to R (a), Tap R heel on the floor, Tap R heel on the floor, Tap R heel on the floor 12:00

Arms LH behind the back, RH open and going up slowly (RA stretched) (1 – 2 – 3)

- 4 – 5 Step RF to R turning ½ R with LF hitch, Step LF to L 12:00
- 6 – 7 – 8 Hold, Hold, Hold 12:00

Arms Slide RH down slowly as LH moves from bottom to front slowly (5 – 6 – 7), Wrap LH fingers (8)

Smile and start again !

Last Update - 17 Apr 2023

