The Only One



Compte: 32 Mur: 4 Niveau: Easy Intermediate

Chorégraphe: John Warnars (NL) - November 2013

Musique: It's You Again - Leland Martin : (CD: I Need A Little Home Time)



Intro: 16 counts

R SIDE STEP, CROSS ROCK, RECOVER, L SIDE SHUFFLE, R CROSS STEP, ¼ TURN R (step back), ¼ TURN R SIDE SHUFFLE:

1 RF step to right side
2 LF cross rock LF over RF
3 RF recover back on RF
4 LF step\close to left side

& RF step next LFLF step to left side

6 RF cross step RF over LF 7 LF 1/4 turn right, step back (3)

8 RF ¼ turn right, step to right side (6)

& LF step\close next RF1 RF step to right side

L CROSS ROCK, RECOVER, L SIDE SHUFFLE, R CROSS STEP, 1/4 TURN R (step back), 1/2 SHUFFLE TURN R;

2 LF cross rock LF over RF
3 RF recover back on RF
4 LF step to left side
& RF step\close next LF
5 LF step to left side

6 RF cross step RF over LF 7 LF ¼ turn right, step back (9)

8 RF ¼ turn right. Step to right side (12)

& LF step\close next RF

1 RF with ¼ turn right, step forwards (3)

ROCK (fwd), RECOVER, L LOCK STEP (back), 1/4 TURN R ROCK SWAY, RECOVER (with sway), R SIDE SHUFFLE with 1/4 TURN R;

2 LF rock forwards

3 RF recover back on RF
4 LF step backwards
& RF RF lock across LF
5 LF step backwards

6 RF ¼ turn right, rock to right side (6) and push hips to right (sway)

7 LF recover back on LF, and push hips to left side (sway)

8 RF step to right side& LF step\close next RF

1 RF ¼ turn right, step forwards (9)

ROCK (fwd), RECOVER, L LOCK STEP (back), FULL TURN R (2 counts), *R SWEEP into CROSS (behind), L SIDE STEP;

(*prepare for R Sailor step & restart!)

2 LF rock forwards

3 RF recover back on RF

4	LF step backwards
&	RF RF lock across LF
5	LF step backwards
6	RF ½ turn right, step forwards (3)
7	LF ½ turn right, step backwards (9)
8	*RF sweep RF behind LF (front to back)
&	LF step to left side
1	RF start again (step to right side)
on counts 8 & 1 (1 = Restart) of 4th block, prepare for R Sailor step!	
8	RF sweep\cross RF behind LF
&	LF step to left side
1	RF step to right side (restart new wall)

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