

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 LF
- 5 LF step to left side
- 6 RF cross step RF over LF
- 7 LF ¼ turn right, step back (3)
- 8 RF ¼ turn right, step to right side (6)
- & LF step\close next RF
- 1 RF step to right side

L CROSS ROCK, RECOVER, L SIDE SHUFFLE, R CROSS STEP, ¼ 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 ¼ 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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