

The Only One

拍數: 64 牆數: 4 級數: Improver / Intermediate
編舞者: Rafel Corbí (ES) - September 2015
音樂: Talk About You - MIKA



Intro 32 counts (from the first singing)

SECTION 1 - CROSS ROCK, CHASSE RIGHT, CROSS, SIDE, BEHIND, SIDE, HEEL

1-2 Cross rock Right over Left, Rock back on Left
3&4 Step Right to Right side, Close Left beside Right, Step Right to Right side
5-6 Cross step Left over Right, Step Right to Right side
7&8 Cross Left behind Right, Step Right to Right side, Dig Left heel Diagonally forward Left

SECTION 2: BESIDE, HEEL, HOLD, BESIDE, ROCK, RECOVER, CROSS, SIDE, LEFT SAILOR 1/4 TURN LEFT

&1-2 Step Left beside Right, Right heel forward, Hold and Clap
&3-4 Step Right beside Left, Rock Left out to Left side, Recover weight on Right
5-6 Cross step Left over Right, Step Right to Right side
7&8 Cross Left behind Right making 1/4 turn Left, Step Right beside Left, Step forward on Left
9:00

SECTION 3: FORWARD, CHASSE LEFT DIAGONAL, ROCK, RECOVER, SIDE, 3 STEPS WALKING AND TURNING 1/2 RIGHT

1 Step Right forward
2&3 In left diagonal, step Left forward, close Right beside Left, Step Left forward
4&5 Cross rock Right over Left, Recover back on Left, Step Right to side 9:00
6-8 Three steps walking Left, Right, Left turning 1/2 to Right 3:00

SECTION 4: RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, ROCK, RECOVER, SIDE, CROSS, HITCH

1&2 Step forward on Right, Left beside Right, Step forward on Right
3&4 Step forward on Left, Right beside Left, Step forward on Left
5-6 Rock Right forward, recover on Left
&7-8 Step Right to right side, cross/step Left over Right, hitch Right knee

SECTION 5: RIGHT SIDE STEP, HOLD, BOUNCE HEELS, LEFT SIDE CHASSE, CROSSING SHUFFLE

1-2 Step Right to Right side, hold
3-4 Bounce heels
5&6 Step Left to Left side, Right beside Left, step Left to left side
7&8 Cross Right over Left, small step Left to Left side, Cross Right over Left

SECTION 6: ROCK, RECOVER, FULL TURN LEFT, SHUFFLE FORWARD, RIGHT MAMBO STEP FORWARD

1-2 Rock Left forward, recover on Right
3-4 1/2 turn left and step Left forward, 1/2 turn left and step Right back 3:00
5&6 1/2 turn left and step Left forward, Right beside Left, step Left forward 9:00
7&8 Rock Right forward, recover on Left, step Right back

SECTION 7: ROCK BACK SIDE, ROCK BACK SIDE, RECOVER, JAZZ BOX

1&2 Rock Left back, recover on Right step Left to side
3&4 Rock Right back, recover on Left, step Right to side
5-6 Cross step Left over Right, step back with Riggth
7-8 Step Left to side, cross Right over Left

SECTION 8: TOE STRUTS, ROCK, RECOVER, LEFT SIDE CHASSE

- 1-2 Touch Left toe in Left diagonal, drop heel (angling body to Left)
- 3-4 Touch Right toe in Right diagonal, drop heel (angling body to right)
- 5-6 Cross/rock Left over Right, recover on Right
- 7&8 Step Left to left side, Right beside Left, step Left to left side

Start again :-)

Restart: After 56 counts of wall 4 (12:00).

Instead of cross (Count 8 of section 7, do a Right scuff beside Left)

Dance ends on wall 6 looking at front wall while doing the drag on count 2 of section 5
