

My Only One

拍數: 32 牆數: 4 級數: Improver
編舞者: Lesley Stewart (SCO) - June 2021
音樂: If Tomorrow Never Comes - Ronan Keating



No Tags.... No Restarts....

Start the dance to the right diagonal

ROCK, RECOVER, ½ TURN SHUFFLE, STEP ½ TURN, ½ TURN SHUFFLE

1-2 Rock forward on right, recover on left
3&4 ½ turn shuffle right stepping R, L, R
5-6 Step forward on left, ½ turn right
7&8 ½ turn shuffle right stepping L, R, L

Easy Option:

5-6 Rock forward, recover
7&8 Shuffle back stepping L, R, L

ROCK, RECOVER, STEP TURN, CROSS, HOLD, CROSS SHUFFLE

1-2 Rock back on right, recover on left
3-4 Step forward on right, turn 1/8 of a turn left
5-6& Cross step right over left, HOLD, step left to left side
7&8 Cross step right over left, step left to left side, cross step right over left

ROCK OUT, RECOVER, BEHIND, SIDE, CROSS, ROCK OUT, RECOVER, SAILOR ¼

1-2 Rock left out to left side, recover on right
3&4 Step left behind right, step right to right side, cross step left over right
5-6 Rock right out to right side, recover on left
7&8 Sailor ¼ turn right (corner over your right shoulder)

STEP ½ TURN, ½ TURN SHUFFLE, ROCK BACK, RECOVER, WALK R, L

1-2 Step forward on left, ½ turn right
3&4 ½ turn shuffle right stepping L, R, L

Easy Option:

1-2 Rock forward on left, recover on right
3&4 Shuffle back L, R, L
5-6 Rock back on right, recover on left
7-8 Walk forward R, L (to the diagonal)

Start Again..... Happy Dancing.....
