

# 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.....

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