

# Only U

拍數: 80      牆數: 0      級數:  
編舞者: J  
音樂: Only You - Ashanti



## VERSE: TOUCH ROLL STEP X4 (RIGHT LEFT RIGHT LEFT)

1-2      Touch right forward (shoulder width apart) as roll right hip to right, step down on right  
3-4      Touch left forward (shoulder width apart) as roll right hip to left, step down on left  
5-6      Touch right forward (shoulder width apart) as roll right hip to right, step down on right  
7-8      Touch left forward (shoulder width apart) as roll right hip to left, step down on left

**Optional: raise corresponding shoulder with each step**

## SKATE BACK X4 SHUFFLE BACK, LEFT COASTER

1-4      Skate back right, left, right, left (knees close)  
5&6      Shuffle back right-left-right  
7&8      Left coaster

## TOUCH, STEP OUT, BEHIND TOUCH, CROSSING SHUFFLE, 1 ¼ TURN

1-2      Touch right to right, step out to right  
3&4&      Step left behind right, recover weight on right, touch left next to right, step on left  
5&6      Crossing shuffle right over right  
7&8      1 ¼ turn left stepping left, right, left (9:00)  
1-8      Repeat last 8 counts (6:00)

**On 3rd wall miss out next 16 counts**

## TOUCH & TOUCH, STEP DIP TURN, BUMP LEFT-RIGHT-LEFT, TOUCH & HEEL

1&2&      Touch right to right side, step right in place, touch left to left side, step left in place  
3-4      Step right forward, half turn left bending knees down and up as turn (12:00)  
5&6      Bump hip left-right-left weight on left  
7&8&      Touch right toe behind, step on right, left heel forward, step left

## SHUFFLE, ¼ TURN SWAY, BEHIND SIDE CROSS, STEP HEEL TURN

1&2      Shuffle forward right-left-right  
3-4      Sway left as ¼ turn right, sway right (3:00)  
5&6      Left behind, step right to right side, cross left over right  
78      Step right to right side, bump hip right as swivel heels right as turn ¼ left (weight on right)  
12:00

## CHORUS: STEP KICK TURN, SHUFFLE, ROCK, 1 ¼ TURN

1-2      Step left forward, kick right out (right diagonal) and full turn left as hook right in front of left  
(12:00)

### alternative:

2      Touch right toe across in front of left as unwind whole turn keeping weight on left  
3&4      Shuffle right-left-right  
5-6      Rock forward left, recover onto right  
7&8      1 ¼ turn left left-right-left (9:00)

## CROSS, ¼ SHUFFLE, STEP TURN STEP (½), LOCK

1-2      Cross left over right, recover onto left  
3&4      Shuffle ¼ turn right right-left-right (12:00)  
5&6      Step turn step (½) left-right-left 6:00  
7&8      Lock step forward right-left-right

### **STEP KICK TURN, SHUFFLE, ROCK, 1 ¼ TURN**

1-2 Step left forward, kick right out as full turn left  
3&4 Shuffle right-left-right  
5-6 Rock forward left, recover onto right  
7&8 1 ¼ turn left-right-left (3:00)

### **CROSS, ¼ SHUFFLE, STEP TURN STEP (½), 1 ½ TURN LEFT**

1-2 Cross right over left, recover onto left  
3&4 Shuffle ¼ right right-left-right (6:00)  
5&6 Step turn step (½) left-right-left (12:00)  
7&8 Step forward right as turn ½ left, full turn on left (i.e. 1 ½ turn left weight on left) (6:00)

### **REPEAT**

### **TAG**

On wall 3, omit counts 33-48

### **ENDING**

On last wall (4), dance 1-46 as usual. Then facing 3:00

7&8 Step forward right, ½ turn pivot left on left, sweep right leg ¾ left and touch right by left end

Or spin 1 ¼ on left to left

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