

The Only One

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Count: 32 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: John Warnars NL (26-11-2013)

Music: Leland Martin - It's You Again. Cd "I Need A Little Home Time" (99 bpm)

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;

1RF step to right side

2LF cross rock LF over RF

3RF recover back on RF

4LF step\close to left side

&RF step next LF

5LF step to left side

6RF cross step RF over LF

7LF ¼ turn right, step back (3)

8RF ¼ turn right, step to right side (6)

&LF step\close next RF

1RF step to right side

L CROSS ROCK, RECOVER, L SIDE SHUFFLE, R CROSS STEP, ¼ TURN R (step back), 1/2 SHUFFLE TURN R;

2LF cross rock LF over RF

3RF recover back on RF

4LF step to left side

&RF step\close next LF

5LF step to left side

6RF cross step RF over LF

7LF ¼ turn right, step back (9)

8RF ¼ turn right. Step to right side (12)

&LF step\close next RF

1RF 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;

2LF rock forwards

3RF recover back on RF

4LF step backwards

&RF RF lock across LF

5LF step backwards

6RF ¼ turn right, rock to right side (6) and push hips to right (sway)

7LF recover back on LF, and push hips to left side (sway)

8RF step to right side

&LF step\close next RF

1RF 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!)

2LF rock forwards

3RF recover back on RF

4LF step backwards

&RF RF lock across LF

5LF step backwards

6RF ½ turn right, step forwards (3)

7LF ½ turn right, step backwards (9)

8*RF sweep RF behind LF (front to back)

&LF step to left side

1RF start again (step to right side)

*** on counts 8 & 1 (1 = Restart) of 4th block, prepare for R Sailor step!**

8RF sweep\cross RF behind LF

&LF step to left side

1RF step to right side (restart new wall)

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