

# The One I Loved

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**Count:** 32      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Mayee Lee , M'sia (April 2014)

**Music:** Ai Wo De Ren He Wo Ai De Ren by Qiu Hai Zheng (CD 4:20)

**Intro: Start after 20 counts or start at 0.19 scds**

**Sec 1: Syncopated Night Club Step, Side, Back & Sweep, Behind, Side, L Cross Shuffle, ¼ Turn , ½ Turn R**

- 1 2&**      Step L to L(1), rock R behind L(2), recover on L(&)
- 3&4**      Step R to R(3), rock L behind R(&), recover on R(4)
- &5**      Step L to L(&), step R behind L & sweep L from front to back(5)
- 6&7&**      Step L behind R(6), step R to R(&), cross L over R(7), step R to R(&) 12.00
- 8&1**      Cross L over R(8), ¼ turn R step R forward(&)(3.00), ½ turn R step L beside R(1) 9.00

**Sec 2: R Back, L Recover, Full Turn L, R Forward, L Recover, Back ¼ Turn L With Sweep, L Back, Side , Cross, Recover, Side, Cross, Side**

- 2&3&**      Step R back(2), recover on L(&), ½ turn L step R back(3)(3.00), ½ turn R step L forward(&) 9.00
- 4&5**      Step R forward(4), recover on L(&), step R back & ¼ turn L, sweep L from front to back(5) 6.00
- 6&7&**      Step L behind R(6), step R to R(&), cross L over R(7), recover on R(&)
- 8&1**      Step L to L(8), cross R over L(&), step L to L(1) 6.00

**Sec 3: R Back, ¼ Turn L, ¼ Turn L Back, L Back, R Recover, L Forward, Cross, Unwind Full Turn L, Side, Drag L**

- 2&3**      Step R back(2), ¼ turn L recover on L(&)(9.00), ¼ turn L step R back(3) 12.00
- 4&5&6**      Step L back(4), recover on R(&), step L forward(5), cross R over L(&), unwind full turn L weight on L(6) 12.00
- 7 8**      Step R to R(7), drag L to R and bend both knee(8) 12.00

**Sec 4: Night Club Step L, ¼ Turn R R Forward, L Forward, R Recover, Back x3, ¼ turn R, Touch L, Full Turn L**

- 1 2&**      Step L to L(1), rock R back(2), recover on L(&)

**3 4&¼ turn R Step R forward(3)(3.00), step L forward(4), recover on R(&) 3.00**

**5 6&** Step L back & drag R to L(5), step R back(6), step L back(&)

**7&8&¼ turn R step R to R(7)(6.00), touch L to L(&), ¼ turn L step L forward(8)(3.00), ¾ turn L step R beside L(&) 6.00**

**Tags: End of wall 3 (6.00) & wall 6 (12.00), add 4 counts Tag**

**1 - 4** Sway to L R L R

**Ending: Wall 8 (6.00), dance 16 counts**

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