

# My Only One

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**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Gaye Teather (UK)

**Music:** "She Was My Only One" by Fools Gold (114 bpm)

## 16 count intro)

Track available as free download from <http://www.freewebs.com/pwtracks/> Or [www.gayeteather.com](http://www.gayeteather.com)

## Dance travels in CW direction

### Step. Tap. Step. Pivot quarter turn Right. Weave Quarter turn Right

- 1 - 4 Step forward on Right. Tap Left beside Right Step forward on Left. Pivot quarter turn Right
- 5 - 6 Cross Left over Right. Step Right to Right side
- 7 - 8 Cross Left behind Right. Quarter turn Right stepping forward on Right (6 o'clock)

### Step. Tap. Step. Pivot quarter turn Left. Weave quarter turn Left

- 1 - 2 Step forward on Left. Tap Right beside Left. Step forward on Right. Pivot quarter turn Left
- 5 - 6 Cross Right over Left. Step Left to Left side
- 7 - 8 Cross Right behind Left. Quarter turn Left stepping forward on Left (12 o'clock)

### Right rocking chair. Step. Pivot half turn Left. Shuffle forward

- 1 - 4 Rock forward on Right. Recover onto Left. Rock back on Right. Recover onto Left

### Note: Angle body and sway hips forward and back on the above 4 steps

- 5 - 6 Step forward on Right. Pivot half turn Left (6 o'clock)
- 7&8 Step forward on Right. Step Left beside Right. Step forward on Right

### Left rocking chair. Step. Pivot quarter turn Right. Cross shuffle

- 1 - 4 Rock forward on Left. Recover onto Right. Rock back on Left. Recover onto Right

### Note: Angle body and sway hips forward and back on the above 4 counts

- 5 - 6 Step forward on Left. Pivot quarter turn Right (9 o'clock)
- 7&8 Cross Left over Right. Step Right to Right side. Cross Left over Right

### Modified Rumba box

1 - 4 Step Right to Right side. Step Left beside Right. Step forward on Right. Touch Left beside Right

5 - 8 Step Left to Left side. Step Right beside Left. Step back on Left. Step back on Right

### **Back rock. Half turn Right. Back rock. Half turn Left. Quarter turn Left. Touch**

1 - 3 Rock back on Left. Recover onto Right. Half turn Right stepping back on Left (3 o'clock)

4 - 6 Rock back on Right. Recover onto Left. Half turn Left stepping back on Right (9 o'clock)

7 - 8 Quarter turn Left stepping Left to Left side. Touch Right beside Left (6 o'clock)

### **Side Right. Touch. Side Left. Touch. Full rolling turn Right. Touch**

1 - 2 Step Right to Right side swaying hips Right. Touch Left beside Right

3 - 4 Step Left to Left side swaying hips Left. Touch Right beside Left

5 - 6 Quarter turn Right stepping forward on Right. Half turn Right stepping back on Left

7 - 8 Quarter turn Right stepping Right to Right side. Touch Left beside Right (6 o'clock)

### **Steps 5 - 8 can be replaced with a vine Right. Touch**

### **Side Left. Touch. Side Right. Touch. Side. Behind. Quarter turn Left shuffle**

1 - 2 Step Left to Left side swaying hips Left. Touch Right beside Left

3 - 4 Step Right to Right side swaying hips Right. Touch Left beside Right

5 - 6 Step Left to Left side. Cross Right behind Left

7&8 Quarter turn Left stepping forward on Left. Step Right beside Left. Step forward on Left (3 o'clock)

### **Start again**

**\*Tags: Add the following 4 count tag at the end of walls 3 (Facing 9 o'clock) and 6 (Facing 6 o'clock)**

### **Step. Pivot half turn Left x 2**

1 - 4 Step forward on Right. Pivot half turn Left. Step forward on Right. Pivot half turn Left