

# Embrace My One And Only Love

LINEDANCE.COM

**Count:** 64

**Wall:** 1

**Level:** Phrased High Intermediate

**Choreographer:** Paul Wong (Canada) January 2018

**Music:** "Bao Jin Yan Qian Ren" (Cantonese) by Anita Mui "□□□□" " by □□

## Sequence: Intro Dance A-A-B-A B-B-A Ending

**Intro Dance (20 counts) \*\*Start to dance after the first 3 notes (so-la-re) of the music**

**Int-1: Side-Together-Side(L-R-L), Behind-Side-Cross Rock(R-L-R), Side-Together-Side(R-L-R)**

**1 - 2 - 3** step LF side, step RF next to LF, step LF side

**4 & 5 - 6** step RF behind LF, step LF to left side, rock RF cross over LF (5), recover on LF

**7 - 8 &** step RF side, step LF next to RF, step RF side

**Int-2: L Cross, R Side, Behind-Side-Cross(L-R-L), R Side Rock, Cross-Side-Cross(R-L-R)**

**1 - 2** step LF cross over RF, step RF side

**3 - 4 &** step LF behind RF, step RF to right side (4), cross LF over RF (&)

**5 - 6** rock RF side, recover on LF

**7 - 8 &** step RF cross over LF, step LF side (8), step RF cross over LF (&)

**Int-3: L Step side, R Drag, R Step side, L Drag, L Sweep**

**1 - 2 - 3 - 4 &** Big step LF side, drag RF to LF, Big step RF side, drag LF to RF, sweep LF fwd (&)

## Main Dance

**Part A (32 counts)**

**A1: 1/8 RT L fwd, R fwd Rock, 1/2 RT R fwd, Full RT, L fwd Rock, 1/8 RT L Toe-Cross, 3/4 LT**

**1 1/8** turn right (1:30) step LF fwd

**2 & 3** rock RF fwd, recover on LF, 1/2 turn right (7:30) step RF fwd

**4 - 5** full right turn (LF-RF) (7:30)

6 & 7 & rock LF fwd, recover on RF with 1/8 turn right (9:00), LF toe touch fwd (7), step LF cross over RF (&)

8 & 1 3/4 left turn (RF-LF-RF) (12:00)

**A2: Full RT, L fwd and Sway, R fwd Rock, 1/2 RT R fwd, Full RT**

2 - 3 full right turn (LF-RF) (12:00)

4 & 5 step LF fwd and sway fwd-back-fwd

6 & 7 rock RF fwd, recover on LF, 1/2 turn right (6:00) step RF fwd

8 & 1 full right turn (LF-RF-LF) (6:00)

**A3: R Coaster, Sweep/Step L Back, Sweep/Step R Back, L Coaster, R fwd Rock, 1/4 LT R fwd**

2 & 3 & step RF fwd, step LF next to RF, step RF back (3), sweep LF behind (&)

4 & 5 step LF back, sweep RF behind (&), step RF back (5)

6 & 7 step LF back, step RF next to LF, step LF fwd

8 & 1 rock RF fwd, recover on LF with 1/4 left turn (3:00), step RF fwd

**A4: Full RT, R Kick-ball-point, L Hitch, 1/4 L Chasse Turn, R Cross, L Sweep**

2 & 3 & 4 & full right turn (LF-RF-LF) (3:00), kick RF fwd (&), step RF ball next to LF (4), point LF out to left side (&)

5 hitch LF

6 & 7 1/4 turn left step LF to left side (12:00), step RF next to LF (&), step LF to left side

8 & step RF cross over LF, sweep LF fwd (&)

**Part B (32 counts)**

**B1: L fwd Cross R point Side, R fwd Cross, L sweep/Cross, R Side, L Behind, R Sweep, R Cross Behind, 1/8 LT L Side, R fwd, L fwd Rock, 1/2 LT L fwd**

**1 & 2 & step LF cross over RF, point RF out to right side, step RF cross over LF (2), sweep LF fwd (&)**

**3 - 4 & 5 step LF cross over RF (3), step RF side, step LF behind, sweep RF behind (5)**

**6 & 7 step RF cross behind LF, 1/8 turn left (10:30) step LF side (&), step RF fwd**

**8 & 1 rock LF fwd, recover on RF, 1/2 turn left (4:30) step LF fwd**

**B2: Full LT, R fwd Shuffle, L fwd, R fwd Rock 1/8 LT, R Touch-Hitch-Cross**

**2 - 3 - 4 & 5 full left turn (RF-LF) (4:30), step RF fwd (4), lock LF behind RF, step RF fwd**

**6 & 7 step LF fwd, rock RF fwd (&), recover on LF with 1/8 turn left (3:00)**

**& 8 & RF touch fwd (&), hitch RF (8), step RF cross over LF (&)**

**B3: L Side, R Back Rock Side, Behind-Side-Cross Rock(L-R-L), 1/4 LT L fwd, R Cross, L Scissors**

**1** Big step LF to left side

**2 & 3 rock RF behind LF, recover on LF, step RF to right side**

**4 & 5 step LF behind RF, step RF to right side, rock LF cross over RF**

**6 & 7 recover on RF, 1/4 turn left (12:00) step LF fwd (&), step RF cross over LF**

**8 & 1 step LF to left side, step RF together, cross LF over RF**

**B4: Pivot 1/2 LT, R Cross 1/2 LT, Sweep/Step L Back, Sweep/Step R Back, L Together, R fwd, Diva Walk L-R, L Sweep**

**2 & a step RF fwd, pivot 1/2 left turn (6:00), step RF cross over LF (a)**

**3 & unwind 1/2 turn left on ball of RF (12:00), sweep LF behind (&)**

**4 & 5 - 6 & step LF back, sweep RF behind (&), step RF back (5), step LF next to RF (6), step RF fwd (&)**

**7 - 8 & lift and step LF cross over RF, lift and step RF cross over LF, sweep LF fwd (&)**

**Ending \*\*dance slowly with the music beats (dance after wall 7, face 12:00)**

**(5 counts) Pivot ½ RT X 2, L Cross**

**1 - 2 - 3 - 4step LF fwd, pivot ½ turn right (6:00), step LF fwd, pivot ½ turn right (12:00)**

**5cross LF over RF (hold pose until music ends)**

**No Tag No Restart**

**Contact: [dancingmymusic@gmail.com](mailto:dancingmymusic@gmail.com)**

**Last Update - 4th Feb. 2018**