

# Only Human

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**Count:** 48      **Wall:** 2      **Level:** Advanced

**Choreographer:** Alison Biggs & Peter Metelnick (TheDanceFactoryUK) - February 2017

**Music:** Only Human - Delta Goodrem

**Start after 16 count intro approx. 17 secs - 82bpm - 3mins 28secs**

**Music Available: Amazon**

**[1-8&a] L fwd & sweep, R jazz box cross, L full reverse turn, L cross rock/recover, L ball cross,  $\frac{3}{4}$  circle run L**

**1-2&a3** Step L forward whilst sweeping R front back to front, cross step R over L, step L back, step R side, cross step L over R

**4&a** Turning  $\frac{1}{4}$  left step R back, turning  $\frac{1}{2}$  left step L forward, turning  $\frac{1}{4}$  left step R side (12 o'clock)

**5-6&7** Cross rock L over R, recover weight on R, step L side, cross step R over L (body left)

**8&a** Turn  $\frac{3}{4}$  left running L, R, L (3 o'clock)

**[9-16&a] Cross walk fwd 2, R fwd, L fwd rock/press, R coaster cross, R scissor,  $\frac{3}{4}$  R spiral, R fwd lock**

**1-2&3** R fwd cross walk, L fwd cross walk, step R forward, rock L forward

**4&a5** Recover weight on R, step L back, step R together, cross step L over R

**6&a7** Step R side, step L together, cross step R over L, step on L execute a  $\frac{3}{4}$  R spiral (12 o'clock)

**8&a** Step R forward, step L together/lock, step R forward

**[17-24&a] L fwd,  $\frac{1}{4}$  R pivot turn, L cross step, R NC basic, R back rock/recover,  $\frac{1}{4}$  L,  $\frac{1}{2}$  L, R fwd, L fwd mambo**

**1-2&3** Step L forward, pivot  $\frac{1}{4}$  right, cross step L over R, step R side

**4&a5** Rock L back, recover weight on R, step L side, rock R back

**6&7 Recover weight on L, turning  $\frac{1}{4}$  left step R back, turning  $\frac{1}{2}$  left step L forward, step R forward (6 o'clock)**

**8& Rock L forward, recover weight on R, step L back**

**[25-32&a] R & L back with sweeps,  $\frac{1}{4}$  R & point L side,  $\frac{1}{4}$  L, R fwd,  $\frac{3}{4}$  L hitch, L side rock/recover, L behind/side/cross, R side rock/recover/cross**

**1-2** Step R back sweeping L front to back, step L back sweeping R front to back

**&3** Turning  $\frac{1}{4}$  right step R side, point L side (9 o'clock)

**4&5 Turning  $\frac{1}{4}$  left step L down (6 o'clock), step R forward, hitching left turn  $\frac{3}{4}$  left (9 o'clock), rock L side**

**6&7 Recover weight on R, cross step L behind R, step R side, cross step L over R**

**8& Rock R side, recover weight on L, cross step R over L turning body toward diagonal (7 o'clock)**

**[33-40&a] On diagonal: L fwd, R fwd  $\frac{1}{2}$  L chase turn, step L into R full spiral, R fwd lock, L rock fwd/recover,  $\frac{1}{4}$  L, R fwd rock/recover,  $\frac{1}{2}$  R & R fwd, L fwd**

**1-2&a Towards diagonal step L forward, step R forward, pivot  $\frac{1}{2}$  left, step R forward (1 o'clock)**

**3-4&a Step L forward and spiral full turn R, step R forward, lock L behind R, step R forward**

**5-6&** Rock L forward, recover weight on R, turning  $\frac{1}{4}$  left step L side toward diagonal (11 o'clock)

**7-8&a Rock R forward, recover weight on L, turning  $\frac{1}{2}$  right step R forward, step L forward (5 o'clock)**

**[41-48&a] On diagonal: R fwd, L fwd  $\frac{1}{2}$  R chase turn, step R into L full spiral, L fwd lock step, R fwd rock/recover  $\frac{1}{8}$  R, R to R side squaring to wall, L fwd rock/recover turning  $\frac{1}{4}$  left,  $\frac{1}{4}$  L, L fwd, R fwd**

**1-2&a Step R forward, step L forward, pivot  $\frac{1}{2}$  right, step L forward (11 o'clock)**

**3-4&a Step R forward and spiral full turn L, step L forward, lock R behind, step L forward**

**5-6&** Rock R forward, recover weight on L, turning  $\frac{1}{8}$  right step R side (12 o'clock)

**7-8&aRock L forward, recover weight on R turning  $\frac{1}{4}$  left, turning  $\frac{1}{4}$  left step L forward, step R forward (6 o'clock)**

**Website: [www.thedancefactoryuk.co.uk](http://www.thedancefactoryuk.co.uk) Email: [info@thedancefactoryuk.co.uk](mailto:info@thedancefactoryuk.co.uk)**

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