

Only Ones

Choreographed by Lisen Persson - May 09

Description: 32 counts, 4 wall, Improver

Music: "The Only Ones" by "Melody Club"

Note: Start dancing after 32 counts (16 sec) when he start to sing "There ain't no place..."

Side, Together, Kickball Step, Rockstep, Chasse ¼ Right

- 1-2 Step right to side, step left next to right
3&4 Kick right forward, step right next to left, step left forward
5-6 Rock right forward, recover weight to left
7&8 Turn ¼ right and step right to right, step left next to right, step right to right (*facing 3 o'clock*)
Option for count 1-2. Twist knees & toes to right as you step right on 1, twist back on 2

Cross, Side, Behind & Heel & Cross, Side, Rock & Step

- 1-2 Cross left over right, step right to side
3& Step left behind right, step right next to left
4& Touch left heel forward, step left next to right
5-6 Cross right over left, step left to side
7&8 Rock right behind left, recover weight to left, step right to side
Option on count 8. Twist left toe out when stepping right to side

Sailorstep, Behind, Turn ¼ Left, Step, Rockstep, Shuffle ½ Left

- 1&2 Step left behind right, rock right to right, recover weight to left
3&4 Step right behind left, turn ¼ left and step forward on left, step forward on right (*facing 12 o'clock*)
5-6 Rock left forward, recover on right
7&8 Turn ¼ left and step left to left, step right next to left, turn ¼ left and step left forward (*facing 6 o'clock*)

Hipbumps, Turn ½ Left, Hipbumps, Stepturn ¾ Left, Kickball Cross

- 1&2 Step right forward and bump hips forward, back, forward (*weight on right*)
(&) Turn ½ left (*weight on right, facing 12 o'clock*)
3&4 Bump hips forward, back, forward (*weight on left*)
5-6 Step right forward, turn ¾ left (*facing 3 o'clock*)
7&8 Kick right forward, step right next to left, cross left over right

Tag!

At the end of wall 5 there is a tag on 12 counts

Rockstep, Cross shuffle, Rockstep, Cross Shuffle

- 1-2 Rock right to right, recover weight to left
3&4 Cross right over left, step left next to right, cross right over left
5-6 Rock left to left, recover weight to right
7&8 Cross left over right, step right next to left, cross left over right

Side, Touch, Side, Touch

- 1-2 Step right to side, touch left next to right
3-4 Step left to left, touch right next to left

Have fun!