

My One And Only

32 Count, 4 Wall, Improver

Choreographer: Francien Sittrop (NL) April 2009
Choreographed to: Hurts So Bad by Anthony Callea,
CD: Anthony Callea

Start: After 32 counts on Vocals

**SIDE, ROCK BACK, RECOVER, SIDE, CLOSE, ¼ RIGHT STEP RIGHT FORWARD,
STEP LEFT FORWARD, TOUCH RIGHT, RIGHT MAMBO FORWARD, STEP BACK**

- 1 Step left to side
- 2-3 Rock right back, recover to left
- 4&5 Step right to side, step left together, turn ¼ right and step right forward (3:00)
- 6-7 Step left forward, touch right to side
- 8&1 Rock right forward, recover to left, step right back

**½ LEFT, ¼ LEFT SIDE, SAILOR STEP, CROSS, KICK, BEHIND, ¼ RIGHT FORWARD,
LEFT FORWARD**

- 2-3 Turn ½ left and step left forward, turn ¼ left and step right to side (6:00)
- 4&5 Cross left behind right, step right together, step left to side
- 6-7 Cross right over left, kick left diagonally forward
- 8&1 Cross left behind right, turn ¼ right and step right forward, step left forward (9:00)

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE

- 2-3 Cross/rock right over left, recover to left
- 4&5 Step right to side, step left together, step right to side
- 6-7 Cross/rock left over right, recover to right
- 8 Step left to side
- Option: count 4 & 5: triple turn right

**BEHIND, ¼ LEFT, STEP FORWARD, PIVOT TURN ½ LEFT, TURN ¼ LEFT, ROCK BEHIND
RECOVER, SIDE, CLOSE**

- 1 Cross right behind left
- 2-3 Turn ¼ left and step left forward, step right forward (6:00)
- 4-5 Turn ½ left (weight to left), turn ¼ left and step right to side (3:00)
- 6-7 Rock left behind right, recover to right
- 8& Step left to side, step right together

Music download available from iTunes
