

My Only One

64 Count, 4 Wall, Intermediate

Choreographer: Gaye Teather (UK) Nov 2010

Choreographed to: She Was My Only One by
Fools Gold (114 bpm)

16 count intro

1 Step. Tap. Step. Pivot 1/4 turn Right. Weave 1/4 turn Right

1 – 4 Step forward on Right. Tap Left beside Right Step forward on Left. Pivot 1/4 turn Right

5 – 6 Cross Left over Right. Step Right to Right side

7 – 8 Cross Left behind Right. 1/4 turn Right stepping forward on Right (6 o'clock)

2 Step. Tap. Step. Pivot 1/4 turn Left. Weave 1/4 turn Left

1 – 2 Step forward on Left. Tap Right beside Left. Step forward on Right. Pivot 1/4 turn Left

5 – 6 Cross Right over Left. Step Left to Left side

7 – 8 Cross Right behind Left. 1/4 turn Left stepping forward on Left (12 o'clock)

3 Right rocking chair. Step. Pivot 1/2 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 1/2 turn Left (6 o'clock)

7&8 Step forward on Right. Step Left beside Right. Step forward on Right

4 Left rocking chair. Step. Pivot 1/4 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 1/4 turn Right (9 o'clock)

7&8 Cross Left over Right. Step Right to Right side. Cross Left over Right

5 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

6 Back rock. 1/2 turn Right. Back rock. 1/2 turn Left. 1/4 turn Left. Touch

1 – 3 Rock back on Left. Recover onto Right. 1/2 turn Right stepping back on Left (3 o'clock)

4 – 6 Rock back on Right. Recover onto Left. 1/2 turn Left stepping back on Right (9 o'clock)

7 – 8 1/4 turn Left stepping Left to Left side. Touch Right beside Left (6 o'clock)

7 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 1/4 turn Right stepping forward on Right. 1/2 turn Right stepping back on Left

7 – 8 1/4 turn Right stepping Right to Right side. Touch Left beside Right (6 o'clock)

Option: Steps 5 – 8 can be replaced with a vine Right. Touch

8 Side Left. Touch. Side Right. Touch. Side. Behind. 1/4 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 1/4 turn Left stepping forward on Left. Step Right beside Left. Step forward on Left (3 o'clock)

***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 1/2 turn Left x 2**

1 – 4 Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. Pivot 1/2 turn Left