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Only Ones

IMPROVER 32 Count 4 Walls Choreographed by: Lisen Persson Choreographed to: The Only Ones by Melody Club

Section 1 1 - 2 3 & 4 5 - 6 7 & 8	Side, Together, Kickball Step, Rockstep, Chasse 1/4 Right Step right to side, step left next to right Kick right forward, step right next to left, step left forward Rock right forward, recover weight to left Turn 1/4 right and step right to right, step left next to right, step right to right
	Option for count 1-2. Twist knees & toes to right as you step right on 1, twist back on 2.
Section 2 1 - 2 3 & 4 & 5 - 6 7 & 8	Cross, Side, Behind & Heel & Cross, Side, Rock & Step Cross left over right, step right to side Step left behind right, step right next to left Touch left heel forward, step left next to right Cross right over left, step left to side 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
Section 3 1 & 2 3 & 4 5 - 6 7 & 8	Sailorstep, Behind, Turn 1/4 Left, Step, Rockstep, Shuffle 1/2 Left Step left behind right, rock right to right, recover weight to left Step right behind left, turn 1/4 left and step forward on left, step forward on right Rock left forward, recover on right Turn 1/4 left and step left to left, step right next to left, turn 1/4 left and step left forward
Section 4 1 & 2 (&) 3 & 4 5 - 6 7 & 8	Hipbumps, Turn 1/2 Left, Hipbumps, Stepturn 3/4 Left, Kickball Cross Step right forward and bump hips forward, back, forward (weight on right) Turn 1/2 left (weight on right) Bump hips forward, back, forward (weight on left) Step right forward, turn 3/4 left Kick right forward, step right next to left, cross left over right
Tag!	
	At the and of wall 5 there is a tag on 12 counts
1 - 2 3 & 4 5 - 6 7 & 8	Rockstep, Cross shuffle, Rockstep, Cross Shuffle Rock right to right, recover weight to left Cross right over left, step left next to right, cross right over left Rock left to left, recover weight to right Cross left over right, step right next to left, cross left over right

Side, Touch, Side, Touch

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

HAVE FUN!

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