

Count: 48 Wall: 2 Level: Intermediate

Choreographer: Wanda Heldt (AUS) - February 2010

Music: One - Faith Hill: (Album: Cry)



Restart on Wall 2 - dance to end of Section 5 - Restart dance from Section 1.

Please note: Music is 5:20 long. Dance up 3: 57 and fade out.

Start on Main vocals.

S1. SIDE ROCK, ¼ TURN LEFT, LEFT CROSS SHUFFLE, RIGHT SIDE MAMBO STEP, ¼ TURN LEFT SAILOR STEP

1&2 Rock to Right side, Recover on Left with a ¼ turn Left, Step Right next to Left. [9]

Step Left across Right, Step on Right, Step Left across Right.
Rock to right side, Recover on to Left, Step Right next to Left.

S2. FORWARD SWEEP RIGHT, LEFT, BACK RIGHT LOCK STEP, BACK SWEEP LEFT, RIGHT, FORWARD LEFT LOCK STEP

1-2 Sweep Right from Right side and step across Left, Sweep Left from Left side and step across

Right.

3&4 Step back on Right, Step Left over Right, Step back on Right.

5-6 Sweep Left from left side and step behind Right, Sweep Right from Right side and step

behind Left.

7&8 Step forward on Left, Step Right behind Left, Step forward on Left.

S3. 1/4 TURN RIGHT SHUFFLE, 1/4 LEFT SHUFFLE, 1/4 TURN RIGHT SHUFFLE, 1/2 LEFT SHUFFLE [Keeps the turns sharp]

1&2
3&4
1/4 turn Right Shuffle forward R.L.R [9]
3&4
1/4 turn Left Shuffle forward L.R.L. [6]
5&6
1/4 turn Right Shuffle forward R.L.R [9]
7&8
1/2 turn Left shuffle forward L.R.L. [3]

S4. STEP, CROSS, SIDE ROCK, RECOVER, SLIDE, SIDE ROCK, RECOVER, CROSS, LEFT SIDE SHUFFLE

1-2 Step Right to Right, Cross Left behind Right.

Rock to right side, Long step Left, Slide Right Toe next to Left.
Rock to Right Side, Recover on Left, Step Right over Left.
Step Left to Left side, Step Right next left, Step Left to Left side.

S5. KICK, FRONT, SIDE WITH A 1/4 TURN RIGHT, BEHIND ,SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS

1- 2 Kick Right front, side with a 1/4 turn Right. [6]

3&4 Sweep and back on Right, Step Left to Left side, Step Right across Left.

5-6 Rock to Left side, Recover on Right.

7&8 Step Left behind Right, Step on Right, Step Left across Right.

Restart here: On Wall 2...

S6 SHUFFLE A FULL TURN LEFT STEPPING R.L.R & L.R.L, SIDE ROCK, RECOVER, CROSS

Right shuffle ½ turn Left stepping R.L.R. Left shuffle ½ turn Left, stepping L.R.L.

Rock to Right side, Recover on Left, Step Right across Left.Rock to Left side, Recover on Right, Step Left across Right.

Restart..... Have Fun In Life & In Dance

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