She's the One



Count: 64 Wall: 1 Level: Phrased Improver

Choreographer: Ed Williams - March 2020

Music: Nobody - Ne-Yo: (Album: Year of the Gentleman)



Start dance after 32 Counts of music as lyrics begin (about 16 seconds)

Part 1

[1-8] SAILOR L, 1/4 TURN R, SLIDE W/ 1/4 TURN L, STEP BACK

1&2, 3-4 Step L behind R, Step R to Side, Step L to Side, Turn R 1/4 Step R Fwd, Touch L Beside R

5-8 Step L to Side, Slide R toward L Turning 1/4 L, Step R Back, Touch L Beside R

[9-16] 1/2 TURN L, FWD TOUCH, SIDE TOUCH, SAILOR

1-4 Touch L Back, 1/2 Turn L (weight remains on R), Touch L Fwd, Touch L to Side

5&6, 7-8 tep L behind R, Step R to Side, Step L to Side, 1/4 Turn R Stepping R Fwd, Touch L Beside

R

[17-24] 1/4 TURN L, STEP BACK, 1/2 TURN L, TOUCH FWD, CLOSE L

Step L to Side, Slide R toward L Turning 1/4 L, Step R Back, Touch L Beside R
Touch L Back, 1/2 Turn L (weight remains on R), Touch L Fwd, Step L Beside R

[25-32] STEP FWD WITH TOUCH (2X), STEP BACK WITH TOUCH (2X)

Step R Fwd Diagonal, Touch L Beside R, Step L Fwd Diagonal, Touch R Beside L
Step R Back Diagonal, Touch L Beside R, Step L Back Diagonal, Touch R Beside L

PART 2 (REPEAT THIS PART 4 TIMES)

[1-32] BALL STEP, CROSS, SIDE, HEEL, 1/4 TURN R, 5 KICKS FWD

&1&2 Step R Beside L, Cross L Over R, Step R to side, Touch L Heel Fwd

&3&4 1/4 Turn R Stepping Down on L, Step R Beside L, Step L Slightly to Side, Kick R Fwd

&5&6 Step R Beside L, Kick L Fwd, Step L Beside R, Kick R Fwd &7&8 Step R Beside L, Kick L Fwd, Step L Beside R, Kick R Fwd

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