You're The 1 (Intermediate Version)



Count: 32 Wall: 4 Level: Intermediate

Choreographer: Stephen Sunter (UK)

Music: Whole Again - Atomic Kitten



BACK ROCK, FORWARD, 1/2 TURN, STEP FORWARD, CROSS STEP, BACK, SIDE, IN FRONT

1-2 Rock back right looking back over right shoulder, replace weight to left

3& Turn ½ left on ball of left and step back right, step back left

4 Cross touch right over left

5-6 Step forward right, cross step left over right

7&8 Step right back, step left to left, cross step right over left

SIDE ROCK, ¼ TURN, SHUFFLE FORWARD, RIGHT ROCK STEP, ½ TURN, SPIN TOGETHER

1-2 Rock out to left, turning 1/4 right replace weight to right

3&4 Shuffle forward left, right, left

5-6 Rock forward right, replace weight to left

Turn ½ right on ball or left foot and step forward right
 Spin ½ turn on ball of right foot and step left next to right

ROCK BACK, WALK FORWARD, FULL MONTEREY TURN, SIDE ROCK CROSS

1-2 Rock back right, replace weight to left

3-4 Walk forward crossing right over left, left over right

5 Point right to right side

On ball of left make a full turn to the right stepping right next to left
Rock out to left on left, replace weight to right, cross step left over right

WALK ROUND IN A CIRCLE, ROCK STEP, WALK BACK

1-4 Using 4 counts, walk round in a circle: right, left, right, left

5-6 Rock forward right, replace weight to left

7-8 Walk back right, walk back left

REPEAT