

Ur The One

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Lesley Clark (SCO) - September 2011

Music: The One I Love - David Gray : (CD: Life In Slow Motion)



Intro: Start on vocals

CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, RECOVER, CHASSE

- 1-2 Cross rock right over left, recover on left
- 3&4 Step right to right side, step left next to right, step right to right side
- 5-6 Cross rock left over right, recover on right
- 7&8 Step left to left side, step right next to left, step left to left side

STEP FORWARD, LOCK, RIGHT LOCK STEP, ROCK, RECOVER, FULL TURN SHUFFLE

- 1-2 Step forward on right, lock left behind right
- 3&4 Step forward on right, lock left behind right, step forward on right
- 5-6 Rock forward on left, recover on right
- 7&8 ½ left stepping forward on left, step right next to left, ½ turn left stepping forward on left

Easy Option: Left Coaster Step for counts 7+8

ROCK, RECOVER, ½ TURN SHUFFLE, STEP ¼ TURN, CROSS SHUFFLE

- 1-2 Rock forward on right, recover on left
- 3&4 ½ turn right stepping forward on right, step left next to right, step forward on right
- 5-6 Step forward on left, ¼ turn right
- 7&8 Cross step left over right, step right to right side, cross step left over right

¼ TURN, STEP, ROCK, RECOVER, ½ TURN TOE STRUT, ¼ TURN TOE STRUT

- 1-2 ¼ turn left stepping back on right, step back on left
- 3-4 Rock back on right, recover on left
- 5-6 ½ turn left touching right to back, drop heel to floor
- 7-8 ¼ turn left touching left toe to left side, drop heel to floor

Start Again.....Happy Dancing
