## You're The Only One

Compte: 32
Mur: 4
Niveau: Improver
Chorégraphe: Ayu Permana (INA) - January 2018
Musique: Sometimes - Britney Spears


The dance starts after 16 counts music intro

| SECTION 1. NC BASIC - SIDE - BEHIND - SIDE - FORWARD - (FORWARD \& BACK) MAMBO (12.00) |  |
| :--- | :--- |
| 1-2\&3 | Long step $R$ to right side - Step L behind $R-$ Cross $R$ over $L$ - Step $L$ to left side |
| $4 \& 5$ | Step $R$ behind $L-$ Sep $L$ to left side - Step $R$ forward |
| $6 \& 7$ | Step/rock $L$ forward - Recover on $R-$ Step $L$ backward |
| $8 \& 1$ | Step/rock $R$ backward - Recover on $L$ - Step $R$ forward |


| SECTION 2. PIVOT $1 / 4$ TURN - CROSS SHUFFLE - SWAY - SIDE SHUFFLE (03.00) |  |
| :--- | :--- |
| $2-3$ | Step $L$ forward - Turn $1 / 4$ right on $R$ |
| $4 \& 5$ | Cross $L$ over $R-$ Step $R$ to right side - Cross $L$ over $R$ |
| $6-7$ | Step/rock $R$ to right side - Recover on $L$ |
| $8 \& 1$ | Step $R$ to right side - Step $L$ close to $R-$ Step $R$ to right side |

SECTION 3. (LEFT \& RIGHT) CROSS, RECOVER, SIDE - WALK - MAMBO 1/2 TURN (09.00)
2\&3 Cross/rock L over R - Recover on R - Step L to left side
4\&5 Cross/rock R over L - Recover on L - Step R to right side
5-6 Step fotward L-R
8\&1 Step/rock L forward - Recover on R - Turn 1/2 left stepping L forward
SECTION 4. FORWARD LOCKSTEP - (LEFT \& RIGHT) SIDE MAMBO - TOGETHER (09.00)

2\&3
4\&5
6\&7
8
REPEAT

## RESTART AND TAG

RESTART: On wall 7, after 16 counts .
Do the dance until 16 counts only, then start wall 8 from the beginning (09.00)
TAG: 12 counts tag at the end of wall 8 (06.00)
1-2\& Long step $R$ to right side - Step L behind R - Cross R over L
3-4\& Long step $L$ to left side - Step $R$ behind $L$ - Cross L over $R$
5-6\& Step R to right side - Recover on L - Step R next to L
7-8\& $\quad$ Step $L$ to left side - Recover on $R$ - Step $L$ next to $R$
9-10 Touch $R$ toe out to right side - Drag and touch $R$ toe next to $L$
11-12 $\quad$ Touch $R$ toe out to right side - Hitch $R$
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