

# My Number One

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Jan Wyllie (AUS)  
音乐: My Number One - BZN



## STEP TAP, ROCK & ACROSS, ROCK & ACROSS, ROCK & ACROSS

1-2            Step forward on left towards right diagonal, tap right beside left  
3&4           Rock/step right to right, return weight to left, step right across left  
5&6           Rock/step left to left, return weight to right, step left across right  
7&8           Rock/step right to right, return weight to left, step right across left

## STEP TOGETHER, SHUFFLE BACK, ¼ ROCK RETURN, & ROCK RETURN

9-10-11&12    Step left to left, step right beside left, shuffle back left, right, left  
13-14           Making ¼ right rock/step right to right side, rock weight sideways onto left  
&15-16        Step right beside left, rock/step left to left, rock/return weight to right

## CROSS SHUFFLE, ½ TURN, SHUFFLE FORWARD, ¾ TURN

17&18-19-20    Cross/shuffle to the right left, right, left making ½ turn left step right, left  
21&22-23-24    Shuffle forward right, left, right step forward on left making ½ right, making ¼ right step right to right side

## ROCK RETURN, STEP BACK HOOK, ROCK RETURN, STEP TOUCH

25-26-27-28    Rock/step forward on left, rock back on right, step back on left, hook right across left  
29-30-31-32    Rock/step forward on right, rock back on left, step back on right, touch left beside right

## TOUCH HOLD, HEEL TOUCH HEEL TOUCH, STEP TOUCH, STEP TOUCH

33-34-35-36    Touch left toe to left side, hold, touch left heel across right, touch left heel to left  
37-38-39-40    Step left across right, touch right toe to right side, step right across left, touch left toe to left side

## ROCK RETURN, ½ TURN SHUFFLE, ¼ TURN SHUFFLE, ½ TURN SHUFFLE

41-42-43&44    Rock/step forward on left, rock back on right making ½ turn left shuffle forward left, right, left  
45&46           Making a ¼ turn left shuffle back right, left, right (back to 3:00)  
47&48           Making a ½ turn left shuffle forward left, right, left (facing 3:00)

## STEP PIVOT ¼, ROCK RETURN, BACK LOCK SHUFFLE, ROCK RETURN

49-50-51-52    Step forward on right, pivot ¼ left transferring weight to left, rock forward on right, rock back on left  
53&54-55-56    Step back on right, lock/step left over of right, step back on right, rock back on left, rock forward on right

## FORWARD LOCK/SHUFFLE, STEP PIVOT ½, TOUCH STEP ACROSS, TOUCH HOLD

57&58           Step forward on left, lock/step right behind left, step forward on left  
59-60           Step forward on right, pivot ½ left transferring weight to left  
61-62           Touch right toe back towards right corner, step right over left  
63-64           Touch left toe back to left corner, hold

## REPEAT

## RESTART

There is a restart on wall 4 after count 32

Music slows on last wall. Just 'hold' on count 33 and restart the dance from count 37 when they sing the word

"one".

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