

# 20 Seconds

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: John Robinson (USA)  
音乐: One & Only (Remix) - Deep Obsession



When using the "One & Only " remix (3:29 version), start immediately following the intro (after the second time they sing, "You are the only one I need"). On the Extended Remix (5:04), start after first 32 counts. On the Original version (3:47), start after the long instrumental intro. To order this CD single, contact John via email or phone

## **RIGHT SIDE SHUFFLE, LEFT ROCK BACK, RECOVER, LEFT KICK-BALL-CHANGE, LEFT SIDE STEP, RIGHT STOMP UP**

1&2      Right step side right, left step next to right, right step side right  
3-4      Left rock back ball of foot behind right heel, recover weight to right  
5&6      Left kick forward to left angle, left step ball of foot next to right, right step in place  
7-8      Left step side left, right stomp up next to left

## **RIGHT KICK TWICE, RIGHT COASTER STEP, LEFT STEP FORWARD, PIVOT ¼ RIGHT, LEFT CROSSOVER SHUFFLE**

1-2      Right kick forward twice  
3&4      Right step back ball of foot, left step ball of foot next to right, right step forward  
5-6      Left step forward, pivot ¼ turn right shifting weight to right foot  
7&8      Left step across right, right small step side right, left step across right

## **RIGHT VINE, LEFT TOUCH, LEFT ROCK FORWARD, RECOVER, LEFT ROCK BACK, RECOVER**

1-2      Right step side right, left step behind right  
3-4      Right step side right, left touch next to right  
5-6      Left rock ball of foot forward, recover weight onto right  
7-8      Left rock ball of foot back, recover weight to right

## **LEFT HEEL GRIND PIVOTING ¼ LEFT, LEFT ROCK BACK, RECOVER, REPEAT**

1-2      Left heel touch forward with toe angled right, left heel grind turning toe left and pivoting ¼ left  
3-4      Left rock ball of foot back, recover weight to right  
5-6      Left heel touch forward with toe angled right, left heel grind turning toe left and pivoting ¼ left  
7-8      Left rock ball of foot back, recover weight to right

## **LEFT SIDE STEP, RIGHT TOUCH, RIGHT SIDE STEP, LEFT TOUCH, LEFT VINE, RIGHT SYNCOPATED STOMP UP**

1-2      Left step side left, right touch next to left  
3-4      Right step side right, left touch next to right  
5-6      Left step side left, right step behind left  
7&8      Left step side left, right stomp up next to left twice

## **TRAVELING ½ TURNS WITH HOLDS AND CLAPS**

1-2&      Right side step right, pivot ½ right touching left foot shoulder-width apart from right/clap hands, clap hands again  
3-4      Left step down, pivot ½ right touching right foot shoulder-width apart from left/clap hands  
5-6&      Right step down, pivot ½ right touching left foot shoulder width apart from right/clap hands  
7-8      Left step down in place, hold position/clap hands

## **JAZZ BOX, RIGHT STEP FORWARD, PIVOT ½ LEFT, RIGHT STEP FORWARD, PIVOT ½ LEFT**

1-2      Right step across left, left step back

- 3-4 Right step side right, left step next to right
- 5-6 Right step forward, pivot ½ left shifting weight to left
- 7-8 Right step forward, pivot ½ left shifting weight to left

**JAZZ BOX, SYNCOPATED TOE & HEEL TOUCHES (SIDE & FRONT & BACK) & LEFT STOMP NEXT TO RIGHT**

- 1-2 Right step across left, left step back
- 3-4 Right step side right, left step next to right
- 5&6& Right toe touch side right, right step home, left heel touch forward, left step home
- 7&8 Right toe touch back, right step home, ll stomp next to right placing weight on left

**REPEAT**

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