

# Simply The One

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Maggie Gallagher (March 2015)

**Music:** The One by Kodakidz (Amazon)

## Intro: 16 counts (11 secs)

### S1: ROCK BACK ½, ROCK BACK ½, ½ R, WALK L, TRIPLE FULL TURN

**1&2** Rock back on right, Recover on left, ½ left stepping back on right [6:00]

**3&4** Rock back on left, Recover on right, ½ right stepping back on left [12:00]

### 5-6½ right stepping forward on right, Walk forward on left [6:00]

**7&8** Triple full turn to left stepping right left right

### S2: & WALK R, ¼ SIDE ROCK, CROSS SIDE BEHIND SIDE, CROSS ROCK SIDE, CROSS ROCK SIDE

**&1-2&** Step left next to right, Walk forward on right, ¼ right rocking left to left side, Recover on right [9:00]

**3&4&** Cross left over right, Step right to right side, Cross left behind right, Step right to right side

**5-6&** Cross rock left over right, Recover on right, Step left to left side

**7-8&** Cross rock right over left, Recover on left, Step right to right side

### S3: CROSS UNWIND SWEEP, BEHIND SIDE CROSS SIDE, DRAG, BACK ROCK, DRAG, BACK ROCK

**1-2** Cross left over right, Unwind full turn right sweeping the right toe behind the left

**3&4&** Cross right behind left, Step left to left side, Cross right over left, Step left to left side  
\*Restart Wall 4

**5-6&** Take a big step to right side dragging left to meet right, Cross rock left behind right, Recover on right

**7-8&** Take a big step to left side dragging right to meet left, Cross rock right behind left, Recover on left

### S4: FWD TOUCH, BACK TOUCH, R COASTER, L MAMBO ½, STEP ½, FWD ROCK

**1&2&** On slight right diagonal step forward on right, Touch left next to right, Step back on left, Touch right next to left

- 3&4** Step back on right, Step left next to right, Step forward on right
- 5&6** Rock forward on left, Recover on right, ½ left stepping forward on left [3:00]
- 7&8&** Step forward on right, ½ pivot left, Rock forward on right, Recover on left [9.00]

**RESTART: Wall 4 after 20& counts [12:00]**

**TAG 1: End of Wall 6 (facing 6:00)**

- 1-2** Sway right, Sway left
- 3-4** Sway right, Sway left
- 5&6** Cross rock right behind left, Recover on left, Step right to right side
- 7&8** Cross rock left behind right, Recover on right, Step left to left side

**TAG 2: End of Wall 7 (facing 3:00)**

- 1-2** Sway right, Sway left
- 3-4** Sway right, Sway left

**Contact: [www.maggieg.co.uk](http://www.maggieg.co.uk)**