



MY ONE AND ONLY

Niveau	BEGINNER
Chorégraphe	Vi Hooker, Vic Australia - Oct 2014
Musique	Dear Future Husband -Meghan Trainor
Description	32 Temps - 2 Murs
Intro	On lyrics after « aaaah »

R SIDE, TOUCH, L SIDE, TOUCH, R SIDE, TOGETHER, SIDE, TOUCH

1-2-3-4 Step R to side, touch L beside R step L to side, touch R beside L

1-2-3-4 Step R to side, step L beside R, step R to side, touch L beside R

L SIDE, TOUCH, R SIDE, TOUCH, L SIDE, TOGETHER, SIDE, TOUCH

1-2-3-4 Step L to side, touch R beside L, step R to side, touch L beside R

1-2-3-4 Step L to side, step R beside L, step L to side, touch R beside L

WALK FORWARD RLR, HOLD, WALK FORWARD LRL, HOLD

1-2-3-4 Step forward R, step L beside R, step forward R, hold

1-2-3-4 Step forward L, step R beside L, step forward L, hold

STEP R FWD, HOLD, $\frac{1}{4}$ TURN L, STEP R FWD, HOLD $\frac{1}{4}$ TURN L (SLOW PADDLES)

1-2-3-4 Step R forward, hold, $\frac{1}{4}$ turn L (weight on L)

1-2-3-4 Step R forward, hold, $\frac{1}{4}$ turn L (weight on L)