

# MY ONE

By **VIRGINIE BARJAUD**

**Musique** "One of You" - The Sunny Cowgirls

**Niveau** Novice

**Temps** 64 counts- 2 walls - 2 restarts

**Section 1 SIDE ROCK R - KICK R - STEP R - KICK L- FLICK L - STOMP L - STOMP UP L**

- 1 - 2 Step R to R (weight on R) - Back on L
- 3 - 4 Kick R fwd - Step R fwd
- 5 - 6 Kick L - Flick L
- 7 - 8 Stomp L - Stomp Up L

**Section 2 SIDE ROCK L - KICK L - STEP L - KICK R - FLICK R - STOMP R - STOMP UP R**

- 1 - 2 Step L to L (weight on L) - Back on R
- 3 - 4 Kick L fwd - Step L fwd
- 5 - 6 Kick R - Flick R
- 7 - 8 Stomp R - Stomp Up R

**Section 3 ROCK STEP R - STEP BACK R - FLICK L- STEP LOCK STEP L - STOMP UP R**

- 1 - 2 Step R fwd ( weight on R) - Back on L
- 3 - 4 Step R back - Flick L
- 5 - 6 Step L fwd - Cross Step R behind L
- 7 - 8 Step L fwd - Stomp up R

**Section 4 ROCK BACK R x 2 - KICK R - FLICK R - STOMP R - STOMP UP R**

- 1 - 2 Step R back ( weight on R) - Back on L
- 3 - 4 Step R back ( weight on R) - Back on L
- 5 - 6 Kick R fwd - Flick R
- 7 - 8 Stomp R - Stomp up R

**Section 5 TOE STRUT BACK R - TOE STRUT BACK L - 1/2 TURN HEEL STRUT R - HEEL STRUT L**

- 1 - 2 Toe R back - Put heel R
- 3 - 4 Toe L back - Put heel L
- 5 - 6 1/2 R with Heel R fwd - Put toe R
- 7 - 8 Heel L fwd - Put Heel L

**Section 6 STOMP R - StOMP L - HEEL FAN R - HEEL FAN L - HEEL R - HOOK R BEHIND**

- 1 - 2 Stomp R to R - Stomp L to L
- 3 - 4 Heel R inside - Heel R back in the middle
- 5 - 6 Heel L inside - Heel L back in the middle
- 7 - 8 Heel R fwd - Hook R behind L

**Section 7 GRAPEVINE R - SCUFF L - ROCKING CHAIR L**

- 1 - 2 Step R to R- Cross L behind R
- 3 - 4 Step R to R- Scuff L
- 5 - 6 Step L fwd (weight on L) - Back on R
- 7 - 8 Step L back (weight on L) - Back on R

**Section 8 GRAPEVINE L - SCUFF R - STEP SIDE R - HOOK L BEHIND - STEP SIDE I - HOOK R BEHIND**

- 1 - 2 Step L to L - Cross R derrière G
- 3 - 4 Step L to L - Scuff R
- 5 - 6 Step R to R - Hook L behind R
- 7 - 8 Step L to L - Hook R behind L

**Restart 1** **WALL 3 after 48 counts**

**Restart 2** **WALL 8 after 16 counts**