

ONLY YOU

MUSIC: Only You by Captain Jack, Album version (CD: Captain Jack Is Back) or Radio Twist Mix available at iTunes and Amazon.com. **SEQUENCE:** Begin on vocals, after 32 count intro.

COUNTS
32/4

LEVEL
BEG



CALL OR TEXT : 609-314-0115 > WRITE : mrshowcase@gmail.com

R ROCK BACK, RECOVER, R KICK, STEP FORWARD, L KICK, STEP FORWARD, R KICK, STEP FORWARD,
L ROCKING CHAIR, L STEP FORWARD, PIVOT 1/2 RIGHT, L STEP TOGETHER

- 1&2& **Rock & kick-step** Rock ball of R back (1), Recover to L (&), Kick R forward (2), Step R forward (&
3&4& **Kick-step, kick-step** Kick L forward (3), Step L forward (&), Kick R forward (4), Step R forward (&
5&6& **Forward & back &** Rock ball of L forward (5), Recover to R (&), Rock ball of L back (6), Recover to R (&
7&8 **Step-turn-step** Step L forward (7), Pivot 1/2 right (6:00) (&), Step L next to R (8)

R ROCK BACK, RECOVER, R KICK, STEP FORWARD, L KICK, STEP FORWARD, R KICK, STEP FORWARD,
L ROCKING CHAIR, L STEP FORWARD, PIVOT 1/2 RIGHT, L STEP TOGETHER

- 1&2& **Rock & kick-step** Rock ball of R back (1), Recover to L (&), Kick R forward (2), Step R forward (&
3&4& **Kick-step, kick-step** Kick L forward (3), Step L forward (&), Kick R forward (4), Step R forward (&
5&6& **Forward & back &** Rock ball of L forward (5), Recover to R (&), Rock ball of L back (6), Recover to R (&
7&8 **Step-turn-step** Step L forward (7), Pivot 1/2 right (12:00) (&), Step L next to R (8)

R TOUCH OUT-IN-OUT-STEP TOGETHER, L TOUCH OUT-IN-OUT-STEP TOGETHER,
HEEL SWITCH R & L & BUMP HIPS R-L-R-L

- 1&2& **Out-in-out-step** Touch R toe to right side (1), Touch R next to L (&), Touch R toe to right side (2),
Step R next to L (&
3&4& **Out-in-out-step** Touch L toe to left side (3), Touch L next to R (&), Touch L toe to left side (4),
Step L next to R (&
5&6& **Heel & heel &** Tap R heel forward (5), Step R next to L (&), Tap L heel forward (6), Step L next to R (&
7&8& **Bump & bump &** Bumps hips R (7), Bump hips L (&), Bump hips R (8), Bump hips L (&

R SIDE ROCK-RECOVER-STEP ACROSS L, L STEP BACK TURNING 1/4 RIGHT, R STEP SIDE TURNING 1/4 RIGHT,
L STEP ACROSS R, PADDLE TURNING 1/4 LEFT, R STEP ACROSS L, L STEP BACK

- 1&2 **Side rock-cross** Rock ball of R to right side (1), Recover to L (&), Step R across L (2)
3&4 **Turn-turn-cross** Step L back turning 1/4 R (3:00) (3), Step R to right side turning 1/4 R (6:00) (&),
Step L across R (4)
5&6& **Paddle, paddle** Touch R toe to right side (5), Pivot 1/8 L (4:30) (&), Touch R toe to right side (6),
Pivot 1/8 L (3:00) (&
7,8 **Cross, back** Step R across L (7), Step L back (8)