

# Simply The One

**Count:** 32      **Wall:** 4      **Level:** Intermediate  
**Choreographer:** Maggie Gallagher (March 2015)  
**Music:** The One by Kodaline (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]  
5-6      ½ 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.maggiieg.co.uk](http://www.maggiieg.co.uk)