

# Love The One

Count: 72

Wall: 2

Level: Intermediate

Choreographer: Hayley Wheatley (UK) & Ella Wheatley (UK) - October 2022

Music: Love the One You're With - Boy Howdy

(Music available on Itunes & Amazon)

Tags:

#16 count tag at the end of walls 2 and 4 (pause after 2nd tag),

#8 count tag at the end of wall 3

Intro: 16 Counts

## [1-8] HEEL GRIND, BEHIND SIDE CROSS, HEEL GRIND, BEHIND SIDE CROSS

1-2 Touch R Heel to R diagonal (1), Grind R heel to R (2)  
3&4 Step RF behind LF (3), Step LF to L side (&), Cross RF over L (4)  
5-6 Touch L heel to L diagonal (5), Grind L heel to L (6)  
7&8 Step LF behind RF (7), Step RF to R side (&), Cross LF over R (8)

## [9-16] HEEL SWITCHES, LARGE STEP, DRAG, SHUFFLE 1/2 TURN, CHASSE 1/4 TURN

1&2& Tap R Heel fwd (1), Step weight onto RF (&), Tap L Heel fwd (2), Step weight onto LF (&)  
3-4 Large step fwd on RF (3), Drap L toe to touch beside R (4) (angling L shoulder back)  
5&6 Step back on LF making 1/4 turn L (5), Close RF beside LF (&), Step fwd on LF making 1/4 turn L (6) (6:00)  
7&8 Step RF to R side making 1/4 turn L (7), Close LF beside RF (&) Step RF to R side (8) (3:00)

## [17-24] ROCK BACK, ROCK AND CROSS, DIAGONAL ROCKING CHAIR

1-2 Rock back on LF (1), Recover onto RF (2)  
3&4 Rock LF to L side (3), Recover onto RF (&), Cross LF over RF (4),  
5-6 Rock fwd on RF to R diagonal (5), Recover onto LF (6)  
7-8 Rock back on RF still on diagonal (7), Recover onto LF (8)

## [25-32] SIDE STEP, TOUCH, KICK BALL CROSS, SIDE STEP, TOUCH, KICK BALL CROSS 1/4 TURN

1-2 Step RF to R side straightening up to 3:00 (1), Touch L toe beside RF (2)  
3&4 Kick LF fwd (3), Step down onto ball of LF (&), Cross RF Over LF (4),  
5-6 Step LF to L side (5), Touch R toe beside LF (6)  
7&8 Kick RF fwd (7), Step down on ball of RF (&), Step LF fwd making 1/4 turn R (8) (6:00)

## [33-40] STEP PIVOT 1/2 TURN, FULL TURN, ROCK FWD, RECOVER, COASTER STEP

1-2 Step fwd onto RF (1), Pivot 1/2 turn L (2) (12:00)  
3-4 Make 1/2 turn L stepping back onto RF (3), Make 1/2 turn L stepping fwd onto LF (4) (12:00)  
5-6 Rock fwd onto RF (5), Recover onto LF (6)  
7&8 Step back onto RF (7), Close LF beside RF (&), Step fwd onto RF (8)

## [41-48] ROCK, RECOVER, LARGE SIDE STEP 1/4 TURN, SLIDE, SAILOR STEP, TOUCH BEHIND, UNWIND

1&2 Rock fwd onto LF (1), Recover onto RF (2),  
3-4 Large step LF to L side making 1/4 turn L (3), Drag R toe to touch beside LF (keeping weight on LF) (4) (during these counts you can wave arms out to side like a bird to hit on the words "eagle flies") (9:00)  
5&6 Step RF behind LF (5), Step LF to L side (&), Step RF to R side (6),  
7-8 Touch L toe behind (7), unwind 1/2 turn L taking weight onto LF (8) (9:00)

## [49-56] SAMBA STEP, SAMBA STEP, ROCK FWD, RECOVER, 1/2 TURN, 1/4 TURN

1&2 Cross step RF over LF (1), Step LF to L side (&) Step RF to R side (2),  
3&4 Cross step LF over RF (3), Step RF to R side (&), Step LF to L side (4),  
5-6 Rock fwd onto RF (5), Recover onto LF (6)  
7-8 Step fwd on RF making 1/2 turn R (7), Step LF to L side making 1/4 turn R (8) (12:00)

## [57-64] KICK STEP, KICK, STEP, TOUCH, SIDE, TOUCH, SIDE, TOUCH, STOMP, COASTER STEP

1&2& Kick RF fwd and across L leg (1), Step onto RF (&), Kick LF fwd and across R leg (2), Step onto LF (&)

3&4& Touch R toe beside LF (3), Step onto RF (&), Touch L toe beside RF (4), Step onto LF (&),  
5-6 Touch R toe beside LF (5), Stomp RF to R side (6)  
7&8 Step back onto LF (7), Close RF beside LF (&) Step fwd on LF (8)

**[65-72] WALK, WALK, STEP, PIVOT ½ TURN, JAZZBOX**

1-2 Walk fwd on RF (1), Walk fwd on LF (2)  
3-4 Step fwd on RF (3), Pivot ½ turn L (4) (6:00)  
5-6 Cross RF over LF (5), Step back onto LF (6)  
7-8 Step RF to R side (7), Cross LF over RF (8)

**(Tag 2: Repeat these last 8 counts at the end of wall 3 to bring you back to 12:00)**

**TAG: (Performed at the end of wall 2, facing 12:00 and wall 4 facing 6:00)**

**4X TOE STRUTS, FWD COASTER STEP, WALKS BACK, COASTER STEP, WALKS FORWARD, OUT, OUT, CLAP, IN, IN, CLAP**

**S1: 1&2& Touch R toe fwd (1), Drop weight onto R heel (&), Touch L toe fwd (2), Drop weight onto L heel (&)**

3&4& Touch R toe fwd (3), Drop weight onto R heel (&), Touch L toe fwd (4), Drop weight onto L heel (&)

5&6 Step fwd onto RF (5), Close LF beside RF (&) Step back onto RF (6)

7-8 Walk back on LF (7), Walk back on RF (8)

**S2: 1&2 Step back on LF (1), Close RF beside LF (&), Step fwd on LF (2)**

3-4 Walk fwd on RF (3), Walk fwd on LF (4)

& 5-6 Step out on RF (&), Step out on LF (5), Clap hands (6)

&7-8 Step in on RF (&), Step in on LF (7), Clap hands (8)

**Note: At the end of the second tag there is “2 count” pause, hold for these beats then restart the dance again.**

**Ending: Dance up to count 56 during wall 6 to finish facing the front.**

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