

The One I Loved

Count: 32 Wall: 2 Level: Intermediate

Choreographer: Mayee Lee, M'sia (April 2014)

Music: Ai Wo De Ren He Wo Ai De Ren by Qiu Hai Zheng (CD 4:20)

Intro: Start after 20 counts or start at 0.19 scds

Sec 1: Syncopated Night Club Step, Side, Back & Sweep, Behind, Side, L Cross Shuffle, ¼ Turn , ½ Turn R

1 2& Step L to L(1), rock R behind L(2), recover on L(&)
3&4 Step R to R(3), rock L behind R(&), recover on R(4)
&5 Step L to L(&), step R behind L & sweep L from front to back(5)
6&7& Step L behind R(6), step R to R(&), cross L over R(7), step R to R(&) 12.00
8&1 Cross L over R(8), ¼ turn R step R forward(&)(3.00), ½ turn R step L beside R(1) 9.00

Sec 2: R Back, L Recover, Full Turn L, R Forward, L Recover, Back ¼ Turn L With Sweep, L Back, Side , Cross, Recover, Side, Cross, Side

2&3& Step R back(2), recover on L(&), ½ turn L step R back(3)(3.00), ½ turn R step L forward(&) 9.00
4&5 Step R forward(4), recover on L(&), step R back & ¼ turn L, sweep L from front to back(5) 6.00
6&7& Step L behind R(6), step R to R(&), cross L over R(7), recover on R(&)
8&1 Step L to L(8), cross R over L(&), step L to L(1) 6.00

Sec 3: R Back, ¼ Turn L, ¼ Turn L Back, L Back, R Recover, L Forward, Cross, Unwind Full Turn L, Side, Drag L

2&3 Step R back(2), ¼ turn L recover on L(&)(9.00), ¼ turn L step R back(3) 12.00
4&5&6 Step L back(4), recover on R(&), step L forward(5), cross R over L(&), unwind full turn L weight on L(6) 12.00
7 8 Step R to R(7), drag L to R and bend both knee(8) 12.00

Sec 4: Night Club Step L, ¼ Turn R R Forward, L Forward, R Recover, Back x3, ¼ turn R, Touch L, Full Turn L

1 2& Step L to L(1), rock R back(2), recover on L(&)
3 4& ¼ turn R Step R forward(3)(3.00), step L forward(4), recover on R(&) 3.00
5 6& Step L back & drag R to L(5), step R back(6), step L back(&)
7&8& ¼ turn R step R to R(7)(6.00), touch L to L(&), ¼ turn L step L forward(8)(3.00), ¾ turn L step R beside L(&) 6.00

Tags: End of wall 3 (6.00) & wall 6 (12.00), add 4 counts Tag

1 – 4 Sway to L R L R

Ending: Wall 8 (6.00), dance 16 counts

Contact : mayeeleey@gmail.com