

# MY ONE AND ONLY

**MUSIC:** Dear Future Husband  
**ARTIST:** Meghan Trainor - EP (Available on iTunes)  
**CHOREOGRAPHER:** Vi Hooker, Vic. Australia. October 2014  
**DESCRIPTION:** 32 count. 2 walls. Beginner dance. Intro on lyrics after 'aaaah'

## **R SIDE, TOUCH, L SIDE, TOUCH, R SIDE, TOGETHER, SIDE, TOUCH**

1,2,3,4 Step R to side, touch L beside R Step L to side, touch R beside L

1,2,3,4 Step R to side, step L beside R, step R to side, touch L beside R

## **L SIDE, TOUCH, R SIDE, TOUCH, L SIDE, TOGETHER, SIDE, TOUCH**

1,2,3,4 Step L to side, touch R beside L, step R to side, touch L beside R

1,2,3,4 Step L to side, step R beside L, step L to side, touch R beside L

## **WALK FORWARD RLR, HOLD, WALK FORWARD LRL, HOLD**

1,2,3,4 Step forward R, step L beside R, step forward R, hold

1,2,3,4 Step forward L, step R beside L, step forward L, Hold

## **STEP R FWD, HOLD, 1/4 TURN L, STEP R FWD, HOLD 1/4 TURN L (SLOW PADDLES)**

1,2,3,4 Step R forward, hold, 1/4 turn L (weight on L)

1,2,3,4 Step R forward, hold, 1/4 turn L (weight on L)

This little dance is a basic beginner split floor for "My Future Husband"

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