

'I'm The One'

Choreographed by: Dee Musk (July 2004)

Dance: 64 Count 2 Wall Intermediate Dance

Music: 'I Could Be The One' – By Stacie Orrico – CD Single or Album

32 count Intro – Start on main vocals (123bpm)

***8 Count Tag danced after count 32 on 2nd wall (facing 9 o'clock)**

****Restart after count 16 on 6th wall (facing 12'o'clock)**

BACK ROCK, RIGHT LOCK STEP, TOUCH, KICK, BEHIND SIDE CROSS

- 1,2 Rock back on right. Recover weight to left.
- 3&4 Step forward on right, lock left behind right, step forward on right.
- 5,6 Touch left toe beside right, bending right knee in. Kick left to left diagonal.
- 7&8 Cross left behind right, step right to side, cross left over right.

¼ TURN LEFT, ¼ TURN LEFT, LOCK STEP, TOUCH, BACK TOGETHER CROSS, ¼ TURN RIGHT.

- 1,2 Make a ¼ left stepping right back, make a ¼ turn left stepping left forward.
- 3&4 Step forward on right, lock left behind right, step forward on right.
- 5,6&7 Touch left toe forward, step back on left, step right beside left, cross left over right.
- 8 Make a ¼ turn right (weight ends on left). (**Restart on wall 6 facing 12 o'clock).

CROSSING TOE STRUTS WITH CLICKS, ROCK RECOVER, ROCK ½ TURN LEFT.

- 1,2 Slightly cross right toe in front of left, drop right heel. (Clicks optional).
- 3,4 Slightly cross left toe in front of right, drop left heel. (Clicks optional).
- 5-6 Rock forward on right, recover weight back to left.
- 7,8 Rock forward on right, make a ½ turn left, weight on left.

CROSS POINT, CROSS POINT, BALL WALK, WALK, FORWARD LOCK STEP.

- 1,2 Cross right over left, point left toe to left side.
- 3,4 Cross left over right, point right toe to right side.
- &5,6 Step back on right, walk forward left, walk forward right.
- 7&8 Step forward on left, lock right behind left, step forward on left.
(*8 count Tag danced on wall 2 facing 9 o'clock).

½ TURN LEFT, FORWARD LOCK STEP, FULL TURN RIGHT, TOGETHER, STEP FORWARD DRAG TOUCH.

- 1,2 Step forward on right and make a ½ turn left. (Weight ends on left).
- 3&4 Step forward on right, lock left behind right, step forward on right.
- 5,6 Travelling forward, make a ½ turn right stepping left foot back, make a ½ turn right stepping right foot forward.
- &7,8 Step left beside right, step a large step forward on right, drag left and touch beside right.

ROLL LEFT KNEE OUT, ROLL RIGHT KNEE OUT, TAP TAP STEP, CROSS SIDE, KICK BALL CROSS.

- 1,2 Roll left knee out anticlockwise, roll right knee out clockwise.
- 3&4 Tap left toe beside right, tap left toe out slightly further, step left to left side.
- 5,6 Cross right over left, step left to left side.
- 7&8 Kick right slightly to right diagonal, step right beside left, cross left over right.

HIP BUMPS WITH ¼ TURN RIGHT, HIPS BUMPS, BACK ROCK SIDE, BEHIND SIDE CROSS.

- 1&2 Bump hip right, left, make a ¼ turn right whilst bumping hip right. (Weight ends forward on right).
3&4 Stepping left to left side bump hip left, right, left.
5&6 Cross rock right behind left, recover weight to left, step right to right side.
7&8 Cross left behind right, step right to right side, cross left over right.

POINT MONTEREY ½ TURN RIGHT, SIDE ROCK & STEP, ROCK RECOVER, BACK BACK, HIP BUMP WITH KNEE POP.

- 1,2 Point right to the side, make a ½ turn right, stepping right beside left.
3&4 Rock left to left side, recover weight to right, step forward on left.
5,6 Rock forward on right, recover weight to left.
&7,8 Step back right, step back left, bump left hip to left side as you pop right knee in. **(Optional look left, when bumping left hip).**

***8 Count Tag**

CROSS POINT, BEHIND POINT, HIP ROLL OR BUMP ANTICLOCKWISE

- 1-2 Cross right over left, point left to left side.
3,4 Cross left behind right, point right to right side.
5-8 Roll or bump hips anticlockwise over 4 counts, weight ending on left. **(Use your own styling for these 4 counts).**

Have fun xx