

20 Seconds

Choreographed by John H. Robinson

Description: 64 count, 4 wall, intermediate line dance

Music: **One & Only (Remix)** by Deep Obsession

- **Crawlin' Again** by Tracy Lawrence [133 bpm / CD: Tracy Lawrence]

- When using the "One & Only " remix (3:29 version), start immediately following the intro (after the second time they sing, "You are the only one I need"). On the Extended Remix (5:04), start after first 32 counts. On the Original version (3:47), start after the long instrumental intro. To order this CD single, contact John via email or phone

RIGHT SIDE SHUFFLE, LEFT ROCK BACK, RECOVER, LEFT KICK-BALL-CHANGE, LEFT SIDE STEP, RIGHT STOMP UP

1&2 Right step side right, left step next to right, right step side right

3-4 Left rock back ball of foot behind right heel, recover weight to right

5&6 Left kick forward to left angle, left step ball of foot next to right, right step in place

7-8 Left step side left, right stomp up next to left

RIGHT KICK TWICE, RIGHT COASTER STEP, LEFT STEP FORWARD, PIVOT ¼ RIGHT, LEFT CROSSOVER SHUFFLE

1-2 Right kick forward twice

3&4 Right step back ball of foot, left step ball of foot next to right, right step forward

5-6 Left step forward, pivot ¼ turn right shifting weight to right foot

7&8 Left step across right, right small step side right, left step across right

RIGHT VINE, LEFT TOUCH, LEFT ROCK FORWARD, RECOVER, LEFT ROCK BACK, RECOVER

1-2 Right step side right, left step behind right

3-4 Right step side right, left touch next to right

5-6 Left rock ball of foot forward, recover weight onto right

7-8 Left rock ball of foot back, recover weight to right

LEFT HEEL GRIND PIVOTING ¼ LEFT, LEFT ROCK BACK, RECOVER, REPEAT

1- Left heel touch forward with toe angled right, left heel grind turning toe left and
2 pivoting ¼ left

3-4 Left rock ball of foot back, recover weight to right

5- Left heel touch forward with toe angled right, left heel grind turning toe left and
6 pivoting ¼ left

7-8 Left rock ball of foot back, recover weight to right

LEFT SIDE STEP, RIGHT TOUCH, RIGHT SIDE STEP, LEFT TOUCH, LEFT VINE, RIGHT SYNCOPATED STOMP UP

- 1-2 Left step side left, right touch next to left
- 3-4 Right step side right, left touch next to right
- 5-6 Left step side left, right step behind left
- 7&8 Left step side left, right stomp up next to left twice

TRAVELING ½ TURNS WITH HOLDS AND CLAPS

- 1- Right side step right, pivot ½ right touching left foot shoulder-width apart from
- 2& right/clap hands, clap hands again
- 3- Left step down, pivot ½ right touching right foot shoulder-width apart from
- 4 left/clap hands
- 5- Right step down, pivot ½ right touching left foot shoulder width apart from
- 6& right/clap hands
- 7-8 Left step down in place, hold position/clap hands

JAZZ BOX, RIGHT STEP FORWARD, PIVOT ½ LEFT, RIGHT STEP FORWARD, PIVOT ½ LEFT

- 1-2 Right step across left, left step back
- 3-4 Right step side right, left step next to right
- 5-6 Right step forward, pivot ½ left shifting weight to left
- 7-8 Right step forward, pivot ½ left shifting weight to left

JAZZ BOX, SYNCOPATED TOE & HEEL TOUCHES (SIDE & FRONT & BACK) & LEFT STOMP NEXT TO RIGHT

- 1-2 Right step across left, left step back
- 3-4 Right step side right, left step next to right
- 5&6& Right toe touch side right, right step home, left heel touch forward, left step home
- 7&8 Right toe touch back, right step home, ll stomp next to right placing weight on left

REPEAT

‘ 20 Seconds’