

LOVE THE ONE YOU'RE WITH

Choreographed by Nicola Lafferty

Description: ABC, Pulse (polka)

Level: Advanced

Music: 'Love The One You're With' by Boy Howdy (119 bpm)

Official UCWDC competition dance description

Date of usage 17 April 2014

Sequence of dance: ABAB Tag CCAB

Part A: 32 Counts

1-8: Pony Steps Fwd, Flick Back, Step, Flick Fwd, Step Fwd, Full Pirouette, Side Step

- &1 Hitch R knee, Step RF Fwd
- &2 Close LF to RF as you Hitch R knee, Step RF Fwd
- &3 Close LF to RF as you Hitch R knee, Step RF Fwd
- &4 Close LF to RF as you Hitch R knee, Step RF Fwd
& Flick LF Back
- 5& Step down on LF, Flick RF up under L knee
- 6 Step RF fwd prepping body to Left
- 7 Full pirouette to the Right on R foot
- 8 Step LF to L side (facing 12.00)

9-16 Sailor Step, Weave to Kick, Run x 2 Hitch, Run x 2 Drop

- 1&2 R Sailor Step
- 3&4 Cross LF behind RF, Step RF to R side, Step LF to R diagonal (1.30) as you brush RF fwd into a kick
- 5&6 On the spot, Run RF, Run LF, Step onto RF as you Hitch L knee
- 7&8 On the spot, Run LF, Run RF, Drop fwd onto LF as you release R leg back

17-24 Sweeps back on diagonal, Step back, Prep to side, Tour en l'air, Slide to R

- 1 Still facing 1.30, Step Back on RF as you sweep LF from front to back
- 2 Still facing 1.30, Step Back on LF as you sweep RF from front to back
- 3 Still facing 1.30, Step RF back
- 4 Making 1/8 of a turn to Left to square up to 12.00, Step LF to L side
- 5 Make 1/4 turn to R stepping fwd on RF
- 6 Push off RF and jump turn 3/4 turn to R, finish facing 12.00 landing on LF

Option for age div on 5-6 do a full turn right without the jump

- 7 Slide RF a big step to R side
- 8 Hold

25-32 Modified Jazz Box, Close, Applejacks, Head, Hold

- 1,2 Cross LF over RF, Step RF back
- 3,4 Step LF to L side, Close RF to LF
- 5& Applejack Left, Recover to Centre
- 6& Applejack Right, Recover to Centre
- 7 Applejack Left as you sharply turn head to Left
- 8 Hold

Part B: 40 Counts

1-8 Stomp, Hold x 2, Triple Fwd RF, Triple Fwd LF

- 1,2 Cross Stomp RF over LF, Hold
- 3,4 Cross Stomp Lf over RF, Hold
- 5&6 R Triple Fwd
- 7&8 L Triple Fwd

9-16 Cross Triple to Leg Lift, Turning Triples

- 1& Cross RF over LF, Step Lf to L side
- 2 Cross RF over LF as you lift L leg to L side
- 3 Hold
- 4 Cross LF over RF
- 5&6 Make 5/8 turn to R to face 4.30 and R Triple Fwd
- 7&8 Make 1/2 Turn over R shoulder to face 10.30 and L Triple back

17-24 Hitch Walks Back, Groove Walks to 10.30, Side Step to Face 12.00

- &1 Still facing 10.30, Hitch R knee, Step RF back
- &2 Hitch L knee, Step LF back
- &3 Hitch R knee, Step RF back
- &4 Hitch L knee, Step LF back
- 5-8 Facing 10.30 and travelling towards 10.30, Groove Walk R,L,R, Square up to 12.00 as you step LF to L side

25-32 Stomp, Clap x 3, Step Out, Out, Flick x 2, Slap x 2, Slide Feet Together

- 1& Keeping Weight on LF, Stomp RF Fwd without weight (1), Clap hands (&)
- 2& Keeping Weight on LF, Stomp RF Fwd without weight (1), Clap hands (&)
- 3& Keeping Weight on LF, Stomp RF Fwd with weight (1), Clap hands (&)
- 4& Step LF to L side, Step RF to R side
- 5& Flick LF back behind R knee, Step LF to L side
- 6& Flick RF back behind L knee, Step RF to R side
- 7& Slap R hand to R thigh, Slap L hand to L thigh
- 8 Squeeze & slide both feet together

33-40 Heel Jacks x 2, Roger Rabbits Back x 4

- &1 Step RF back, Touch L heel to L diagonal
- &2 Step down on LF, Cross RF over LF
- &3 Step LF back, Touch R heel to R diagonal
- &4 Step down on RF, Cross LF over RF
- &5 Stretch R leg back as you straighten L knee, Step onto RF as you hitch L knee
- &6 Stretch L leg back as you straighten R knee, Step onto LF as you hitch R knee
- &7 Stretch R leg back as you straighten L knee, Step onto RF as you hitch L knee
- &8 Stretch L leg back as you straighten R knee, Release R knee, keeping R toe on floor

Tag: 16 counts

1-8 Cross Rock Recover, Side Rock Recover, Cross Rock Recover, Side Steps Tap Step x 3, Hold, Side Steps

- 1& Cross Rock/Stomp RF over LF, Recover to LF
- 2& Rock RF to R side, Recover to LF
- 3& Cross Rock/Stomp RF over LF
- a4 Step RF to R side, Step LF to L side
- 5& Tap RF to R diagonal, Step Down on RF
- 6& Tap LF to diagonal, Step Down on L
- 7 Tap RF to R diagonal
- a8 Step RF to R side, Step LF to L side

9-16 Cross Rock Recover, Side Rock Recover, Cross Rock Recover, Side Steps Cross, Heel Click Jump, Side Step, Hitch RF

- 1& Cross Rock/Stomp RF over LF, Recover to LF
- 2& Rock RF to R side, Recover to LF
- 3& Cross Rock/Stomp RF over LF
- a4 Step RF to R side, Step LF to L side
- 5 Cross RF over LF
- &6 Hitch LF knee in turn out to L side, jump R heel up to meet L heel, land on RF
Option for age div: kick LF to left
- 7 Step LF to L side
- 8 Hitch R knee

Part C: 40 Counts

1-8 Gallops to 1.30, 1/8 turn to face 3.00, Weave to R side

- 1&2& (Travelling to R diagonal, 1.30) Step RF fwd, Close LF to RF – REPEAT
- 3&4 (Travelling to R diagonal, 1.30) Step RF fwd, Close LF to RF, Step RF fwd
- 5&6& Making 1/8 turn R to face 3.00 Cross LF over RF, Step RF to R side, Cross LF behind RF, Step RF to R side
- 7&8 Cross LF over RF, Step RF to R side, Cross LF behind RF

9-16 Gallops to 7.30, 1/8 turn to face 3.00, Weave to R side

- 1&2& (Making 5/8 turn to R to face R diagonal, 7.30) Step RF fwd, Close LF to RF – REPEAT
- 3&4 (Travelling to R diagonal, 7.30) Step RF fwd, Close LF to RF, Step RF fwd
- 5&6& Making 1/8 turn R to face 9.00 Cross LF over RF, Step RF to R side, Cross LF behind RF, Step RF to R side
- 7&8 Cross LF over RF, Step RF to R side, Cross LF behind RF

17-24 Skips Back, Kick & Rock, ¼ Turn L Kick & Rock

- &1 Hitch R knee up as you scoot back on LF, Step RF back
- &2 Hitch L knee up as you scoot back on RF, Step LF back
- &3 Hitch R knee up as you scoot back on LF, Step RF back
- &4 Hitch L knee up as you scoot back on RF, Step LF back
- 5& Kick RF fwd, Step RF fwd
- 6& Rock LF to L side, Recover to RF
- 7& Making ¼ turn to L to face 6.00, Kick LF fwd, Step down on LF
- 8& Rock RF to R side, Recover to LF (face 6.00)

25-32 Syncopated Full Turn, Syncopated ½ Turn, 2 x Sailor Steps

- 1&2 Step RF fwd, Make a full turn to R as you close LF to RF, Step RF fwd
- 3&4 Step LF fwd, Make a ½ turn to L as you close RF to LF
- 5&6 R Sailor Step
- 7&8 L Sailor Step

33-40 Hip push, Touch x 2, Step Fwd, Ronde, Pirouette, Ronde, Close LF behind RF

- 1,2 Bending both knees, push R hip to R side, straighten legs as you touch LF to L side
- 3,4 Bending both knees, push L hip to L side, straighten legs as you touch RF to R side
- 5 Step RF fwd as you prep body to Right
- 6 Unwind a full turn to Left then Ronde L leg from front to back
- 7 Pull L leg into passé position, complete a full turn to the left on the R leg
- 8 Ronde L leg from front to back
- & Close LF behind RF
Option for age div: 1 turn instead of 2