

Only Human

48 Count, 2 Wall, Advanced

Choreographer: Alison Biggs & Peter Metelnick
(TheDanceFactoryUK) – February 2017

Choreographed to: Only Human – Delta Goodrem

Start after 16 count intro approx. 17 secs – 82bpm – 3mins 28secs

S1&a L Fwd & Sweep, R Jazz Box Cross, L Full Reverse Turn, L Cross Rock/Recover, L Ball Cross, $\frac{3}{4}$ Circle Run L

1-2&a3 Step L forward whilst sweeping R front back to front, cross step R over L, step L back, step R side, cross step L over R

4&a Turning $\frac{1}{4}$ left step R back, turning $\frac{1}{2}$ left step L forward, turning $\frac{1}{4}$ left step R side (12 o'clock)

5-6&7 Cross rock L over R, recover weight on R, step L side, cross step R over L (body left)

8&a Turn $\frac{3}{4}$ left running L, R, L (3 o'clock)

S2&a Cross Walk Fwd 2, R Fwd, L Fwd Rock/Press, R Coaster Cross, R Scissor, $\frac{3}{4}$ R Spiral, R Fwd Lock

1-2&3 R fwd cross walk, L fwd cross walk, step R forward, rock L forward

4&a5 Recover weight on R, step L back, step R together, cross step L over R

6&a7 Step R side, step L together, cross step R over L, step on L execute a $\frac{3}{4}$ R spiral (12 o'clock)

8&a Step R forward, step L together/lock, step R forward

S3&a L Fwd, $\frac{1}{4}$ R Pivot Turn, L Cross Step, R Nc Basic, R Back Rock/Recover, $\frac{1}{4}$ L, $\frac{1}{2}$ L, R Fwd, L Fwd Mambo

1-2&3 Step L forward, pivot $\frac{1}{4}$ right, cross step L over R, step R side

4&a5 Rock L back, recover weight on R, step L side, rock R back

6&a7 Recover weight on L, turning $\frac{1}{4}$ left step R back, turning $\frac{1}{2}$ left step L forward, step R forward (6 o'clock)

8&a Rock L forward, recover weight on R, step L back

S4&a R & L Back With Sweeps, $\frac{1}{4}$ R & Point L Side, $\frac{1}{4}$ L, R Fwd, $\frac{3}{4}$ L Hitch, L Side Rock/Recover, L Behind/Side/Cross, R Side Rock/Recover/Cross

1-2 Step R back sweeping L front to back, step L back sweeping R front to back

&3 Turning $\frac{1}{4}$ right step R side, point L side (9 o'clock)

4&a5 Turning $\frac{1}{4}$ left step L down (6 o'clock), step R forward, hitching left turn $\frac{3}{4}$ left (9 o'clock), rock L side

6&a7 Recover weight on R, cross step L behind R, step R side, cross step L over R

8&a Rock R side, recover weight on L, cross step R over L turning body toward diagonal (7 o'clock)

S5&a On Diagonal: L Fwd, R Fwd $\frac{1}{2}$ L Chase Turn, Step L Into R Full Spiral, R Fwd Lock, L Rock Fwd/Recover, $\frac{1}{4}$ L, R Fwd Rock/Recover, $\frac{1}{2}$ R & R Fwd, L Fwd

1-2&a Towards diagonal step L forward, step R forward, pivot $\frac{1}{2}$ left, step R forward (1 o'clock)

3-4&a Step L forward and spiral full turn R, step R forward, lock L behind R, step R forward

5-6& Rock L forward, recover weight on R, turning $\frac{1}{4}$ left step L side toward diagonal (11 o'clock)

7-8&a Rock R forward, recover weight on L, turning $\frac{1}{2}$ right step R forward, step L forward (5 o'clock)

S6&a On Diagonal: R Fwd, L Fwd $\frac{1}{2}$ R Chase Turn, Step R Into L Full Spiral, L Fwd Lock Step, R Fwd Rock/Recover $\frac{1}{8}$ R, R To R Side Squaring To Wall, L Fwd Rock/Recover Turning $\frac{1}{4}$ Left, $\frac{1}{4}$ L, L Fwd, R Fwd

1-2&a Step R forward, step L forward, pivot $\frac{1}{2}$ right, step L forward (11 o'clock)

3-4&a Step R forward and spiral full turn L, step L forward, lock R behind, step L forward

5-6& Rock R forward, recover weight on L, turning $\frac{1}{8}$ right step R side (12 o'clock)

7-8&a Rock L forward, recover weight on R turning $\frac{1}{4}$ left, turning $\frac{1}{4}$ left step L forward, step R forward (6 o'clock)