

One and Only

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Anne-Marie Thom (SCO) - July 2024

Musik: Beer On a Boat - Ashton Shepherd



Right Chasse, Back Rock, Shuffle Forward, ¼ Turn Left, Chasse Right

- 1&2 Step right to right, close left to right, step right to right
- 3,4 Rock back on left, recover onto right
- 5&6 Step forward on left, step right next to left, step forward on left
- 7&8 ¼ turn left as you step right to right, close left next to right, step right to right [9]

Back Rock, Left Kick Ball Cross, Side Rock, Step Touch

- 1,2 Rock back on left, recover onto right
- 3&4 Kick left forward, step left next to right, cross step right over left
- 5,6 Rock left to left, recover onto right
- 7,8 Step left next to right, touch right next to left [9]

Right Chasse, Back Rock, Pivot ½ Turn Right x 2

- 1&2 Step right to right, step left next to right, step right to right
- 3,4 Rock back on left, recover onto right
- 5,6 Step forward onto left, Pivot ½ turn right taking weight on right
- 7,8 Step forward onto left, Pivot ½ turn right taking weight on right [9]

Left Kick & Point, Right Kick & Point, Left Jazz Box ¼ Turn, Touch

- 1&2 Kick left forward, step left next to right, point right to right
 - 3&4 Kick right forward, step right next to left, point left to left
 - 5,6 Cross step left over right, step back on right
 - 7,8 ¼ turn left stepping left to left, touch right next to left [6]
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