

# One & Only

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Kim Swann (USA)

Musik: She's the Only One - Thrasher & Shiver



## **SIDE, ROCK, RECOVER, RIGHT SIDE CHA, CROSS, RECOVER, LEFT CHA ¼ TURN LEFT**

- 1-3 Step left foot to left side, rock back with right foot, recover forward to left foot  
4&5 Step right foot to right side, step together with left, step right foot to right side  
6-7 Rock left foot across right, recover to right foot  
8&1 Step left foot to left side, step together with right step left foot forward ¼ turn left

## **RONDE, CROSS STEP, LOCKING TRIPLE BACK, ROCK, RECOVER, LOCKING TRIPLE FORWARD**

- 2-3 Sweep right foot from back to front, step right foot across left  
4&5 Step left foot back, cross right foot in front of left, step left foot back  
6-7 Rock right foot back, recover to left foot  
8&1 Step right foot forward, lock left foot behind right, step right foot forward

## **POINT, POINT, ¼ TURNING SAILOR, ROCK, RECOVER, COASTER STEP**

- 2-3 Point left toe forward, point left toe to left side  
4&5 Sweep left foot behind right turning ¼ turn left, step right foot to side, step left foot slightly forward  
6-7 Rock forward on right foot, recover back on left foot  
8&1 Step back on right foot, step left foot next to right foot, step forward on right foot

## **POINT, POINT, ¼ TURNING SAILOR, FORWARD LOCKING STEPS**

- 2-3 Point left toe forward, point left toe to left side  
4&5 Sweep left foot behind right turning ¼ turn left, step right foot to side, step left foot slightly forward  
6&7&8 Step right foot forward, lock left foot behind right, step right foot forward, lock left foot behind right, step right foot forward

## **REPEAT**

## **TAG**

For the Thrasher Shiver song only, there is a four count tag at the end of repetition 3 only. Sway left, right, left, right and begin again.