

One And Only

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Dee Musk (UK)

Musik: Selfish (I Want U 2 Myself) - Fantasia & Missy Elliott



PRESS RECOVER, CROSS BACK BACK, WALK WALK, ½ TURN RIGHT BACK TOUCH

- 1-2 Press right out to right side, recover weight to left as you drag right in
3&4 Cross right over left, step slightly back on left, step slightly back on right
5-6 Walk forward left, walk forward right
7&8 Turning back make a ½ turn right stepping back on left, step back on right, touch left slightly in front of right

STEP FORWARD, ¼ TURN LEFT, ½ SAILOR TURN LEFT, CROSS SIDE HEEL, TOGETHER, CROSS HITCH, SIDE

- 1-2 Step forward on left, make a ¼ turn left stepping right to right side
3&4 Making a ½ sailor turn left, step left behind right, step right to right side, step slightly forward on left
5&6& Cross right over left, step left to left side, touch right heel to right diagonal, step right beside left
7&8 Cross left over right, hitch right knee in, step a large step to right side while dragging left in beside right

LEFT MAMBO FORWARD, RIGHT MAMBO BACK, ¾ TRIPLE TURN LEFT, RIGHT MAMBO TOUCH BACK

- 1&2 Rock forward on left, recover weight to right, step slightly back on left
3&4 Rock back on right, recover weight to left, step slightly forward on right
5&6 Turning left, make a ¾ triple turn stepping left, right, left
7&8 Rock forward on right, recover weight to left, touch right toe back

¼ TURN RIGHT, TOGETHER SIDE, ¼ TURN LEFT, ¼ TURN LEFT, SAILOR ½ TURN LEFT, JAZZ JUMP FORWARD, HEEL LIFTS

- 1&2 Make a ¼ turn right step weight down on to right, step left beside right, step right to right side
3-4 Make a ¼ turn left step weight forward on to left, make a ¼ turn left stepping right to right side
5&6 Making a ½ sailor turn left, step left behind right, step right to right side, step slightly forward on left
&7&8 Jazz jump forward right then left, then lift both heels up then down (weight ends on left)

REPEAT
