

One And Only One

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Matt Jenkins (UK)

Musik: One and Only One - Paul Brandt



RIGHT SHUFFLE FORWARD, LEFT TOE STRUT TWICE

- 1&2 Right shuffle forward (right, left, right)
3-4 Left toe strut
5&6 Right shuffle forward (right, left, right)
7-8 Left toe strut

DIAGONAL STEP SLIDES BACK WITH CLAPS

- 9-10 Step diagonally back on left, slide right together and clap
11-12 Step diagonally back on right, slide left together and clap
13-14 Step diagonally back on left, slide right together and clap
15-16 Step diagonally back on right, slide left together and clap

SYNCOPATED CROSS STEPS WITH CLAPS, STEP ½ TURN

- 17&18 Rock onto left, & step onto right, cross left in front
19 Clap
20&21 Rock onto right, & step onto left, cross right in front
22 Clap
23-24 Step left slightly forward ½ turn

WALK FORWARD RIGHT, LEFT, REPEAT 17-24, STEP RIGHT ½ TURN, JUMP, JUMP

- 25-26 Walk forward on right, left
27-32 Repeat 17-24
33& Step right slightly forward ½ turn
34& Jump forward on both feet twice

On 34&, walk forward right, left, if you don't want to jump

REPEAT