

The One And Only

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: M. Reilly

Musik: The One and Only - Chesney Hawkes



RIGHT SIDE CHASSE, ROCK BACK, LEFT SIDE CHASSE, ROCK BACK

- 1&2 Step right to right side, step left next to right, step right to right side
3-4 Rock back on left, recover on right
5&6 Step left to left side, step right next to left, step left to left side
7-8 Rock back on right, recover on left

TURNING TOE STRUTS, ¼ TURN RIGHT, KICK BALL STEP, ROCK RECOVER

- 9-10 Step right toe right, bringing right heel down, slightly turning right
11-12 Step left toe right, bringing left heel down, slightly turning right to complete ¼ turn right
13&14 Kick right forward, step right toe behind left, step left beside right
15-16 Rock forward on right, recover on left

COASTER STEP, ROCK FORWARD, TOE STRUT BACK, TOE STRUT ¼ TURN

- 17&18 Step back on right, close left beside right, step right forward
19-20 Rock forward on left, recover on right
21-22 Step left toe back, bringing left heel down
23-24 Step right toe back, bringing right heel down, turning ¼ turn right

SWAY, SWAY, SIDE CHASSE, SAILOR STEP, SAILOR ¼ TURN

- 25-26 Sway hips left, then right
27&28 Step left to left side, step right next to left, step left to left side
29&30 Step right behind left, step left to left side, step right to right side
31&32 Step left behind right, step right to right side, turning ¼ turn left, step left to left side

REPEAT

TAG

Only done once, after the 3rd wall

Step on right, hold, then Elvis knees starting with left for 8 counts (or heel bounces if preferred)
