

# One & Only

Count: 72

Wall: 4

Level: Intermediate

Choreographer: June Hulcombe (AUS) & Barbara Willshire (AUS)

Music: Your One and Only - Ricky Van Shelton



## HEEL FORWARD, TOE BACK, STEP, PIVOT, TOE STRUT

- 1-2 Rock forward onto right heel, recover weight onto left
- 3-4 Rock back onto right toe, recover weight onto left
- 5-6 Step right forward, turn ½ turn left (weight on left)
- 7-8 Touch right toe forward, drop right heel (toe strut)

## HEEL STRUT, HEEL, HEEL, ROCK, ROCK, CROSS, HOLD

- 1-2 Step left heel forward, drop left toes lifting left heel
- 3-4 Tap left heel down twice keeping weight on right
- 5-6 Step left to left side, step right center
- 7-8 Step left across in front of right, hold

## ROCK RIGHT, WEAWE LEFT, ¼ TURN LEFT, FORWARD, HOLD

- 1-2 Step/rock right to right side, step left center
- 3-4 Step right across in front of left, step left to left side
- 5-6 Step right behind left, turning ¼ turn left step left forward
- 7-8 Step right forward, hold

## COASTER FORWARD, HOLD, COASTER BACK, HOLD

- 1-2 Step forward on to left, step right next to left
- 3-4 Step back on to left, hold
- 5-6 Step back on to right, step left next to right
- 7-8 Step forward on to right, hold

## ROCK, ROCK, CROSS, HOLD, STEP, CROSS, STEP, HOLD

- 1-2 Step/rock left to left side, step right center
- 3-4 Step left across in front of right, hold
- 5-6 Step right to right side, step left across in front of right
- 7-8 Step right to right side, hold

## ROCK BEHIND, RECOVER, SIDE, HOLD, ROCK BEHIND, RECOVER, SIDE HOLD

- 1-2 Step/rock left behind right, step right in place
- 3-4 Step left to left side, hold
- 5-6 Step/rock right behind left, step left in place
- 7-8 Step right to right side, hold

## ROCK FORWARD, RECOVER, TURN ½, HOLD, STEP, LOCK, STEP, HOLD

- 1-2 Step/rock forward on to left, step/rock back on to right
- 3-4 Turning ½ turn left step forward on to left, hold
- 5-6 Step right forward, lock step left behind right
- 7-8 Step right forward, hold

## ROCK FORWARD, RECOVER, TURN ½, HOLD, ¼ PADDLE, ¼ PADDLE

- 1-2 Step/rock forward on to left, step/rock back on to right
- 3-4 Turning ½ turn left step forward on to left, hold
- 5-6 Step right forward, turn ¼ turn left (weight left)

7-8 Step right forward, turn  $\frac{1}{4}$  turn left (weight left)

**RIGHT SAILOR STEP, HOLD, LEFT SAILOR STEP, HOLD**

1-2 Step right behind left, step left to left side

3-4 Step right center, hold

5-6 Step left behind right, step right to right side

7-8 Step left center, hold

**REPEAT**

**TAG**

On wall 5, facing front, repeat the first four steps of the dance before continuing to count 64, then restart (leave off the sailor steps)

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