

# My One and Only

COPPERKNOB  
STEPPERSHETS

Count: 32

Wall: 4

Level: Beginner / Improver Cha Cha

Choreographer: Francien Sittrop (NL) - April 2009

Music: Hurts So Bad - Anthony Callea



**Start : After 32 counts on Vocals**

**(1 – 9) Side, Rock back, Recover, Side, Close, ¼ R step R fwd, Step L fwd, Touch R , R Mambo Fwd , Step Back**

- 1 Step L to L side,
- 2 - 3 Rock R back , Recover on L
- 4 & 5 Step R to R side, Step L next to R, ¼ Turn R and step R fwd (3.00)
- 6 – 7 Step L fwd, Touch R to R side
- 8 & 1 Rock R fwd, Recover on L, Step R back

**(10-17) ½ L , ¼ L side , Sailor step, Cross, Kick, Behind , ¼ R fwd, L fwd**

- 2 – 3 ½ Turn L step L fwd, ¼ Turn L step R to R side (6.00)
- 4 & 5 Step L behind R, Step R next to L, Step L to L side
- 6 – 7 Cross R over L, Kick L to L fwd
- 8 & 1 Cross L behind R, ¼ Turn R step R fwd, Step L fwd (9.00)

**(18-24) Cross Rock, Recover ,Side Shuffle, Cross Rock , Recover , Side**

- 2 – 3 Cross Rock R over L, Recover on L
- 4 & 5 Step R to R side, Step L next to R, Step R to R side
- 6 – 7 Cross Rock L over R, Recover on R
- 8 Step L to L side

**Option: count 4 & 5 : Triple Turn R**

**(25-32) Behind, ¼ L, Step Fwd, Pivot ½ Turn L, ¼ Turn L , Rock Behind, Recover, Side, Close**

- 1 Cross R behind L
- 2 – 3 ¼ Turn L step L fwd, Step R fwd (6.00)
- 4 – 5 Pivot ½ Turn L(weight on L), ¼ Turn L step R to R side (9.00)
- 6 – 7 Rock L behind R , Recover on R
- 8 & Step L to L side, Step R next to L

**Start Again**

**Website : <http://franciensittrop.come2me.nl>**