

The Only One

Compte: 32

Mur: 4

Niveau: Improver



Chorégraphe: Duma Kristina S (INA) - January 2024

Musique: My Only One (No Hay Nadie Más) - Sebastián Yatra & Isabela Merced

Intro 32 counts - Start dance on vocal lyrics

*1 tag, 1 restart

S1. Walk Forward R-L, Anchor Step, Sweep L-F, Coaster Step

- 1 - 2 Step RF forward(1), Step LF forward (2)
- 3 & 4 Rock RF back (3), Recover on LF (&), Step RF back (4)
- 5 - 6 Sweep LF from front to back (5), Sweep RF from front to back (6)
- 7 & 8 Step LF back (7), Step RF together (&), Step LF forward (8)

S2. Walk R-L, Sailor Step ¼ Turn Right, Cross - ¼ Turn Left, Sailor Step

- 1 - 2 Step RF forward (1), Step LF forward (2)
- 3 & 4 Turn 1/4 right Step RF behind LF (3), Step LF to left side(&), Step RF to right side (4)
- 5 - 6 Cross LF over RF (5), Turn ¼ left Step RF back (6)
- 7 & 8 Step LF behind RF (7), Step RF to right side (&), Step LF forward (8)

S3. Toe Strut, 1/4 L, Behind Side Cross, Side Rock. Behind Side Forward

- 1 - 2 Touch Toe R diagonal forward(1), Step RF in place (2)
- 3 & 4 Turn ¼ left Step LF behind RF (3), Step RF to R side (&), Cross LF over RF (4)
- 5 - 6 Rock RF to right side(5), Recover on LF (6)
- 7 & 8 Step RF behind LF (7), Step LF to left side (&), Step RF forward

S4. Pivot ½ turn left 2x, Forward rock , Anchor Step

- 1 - 2 Step LF forward (1), Turn ½ right Step RF in place (2)
- 3 - 4 Step LF forward (3), Turn ½ right Step RF in place (4)
- 5 - 6 Rock LF forward (5), Recover on RF (6)
- 7 & 8 Step LF back (7), Step RF in place (&), Step LF in place(8)

Tag (32c) on wall 5 after 16 counts

S1. Walk Forward L-R, Pivot ½ (2x)

- 1 - 2 Step RF forward, Step LF forward
- 3 - 4 Step RF forward, Turn ½ left Step LF in place
- 5 - 6 Step RF forward, Step LF forward
- 7 - 8 Step RF forward, Turn ½ left Step LF in place

S2. Side Rock. Behind Side Cross (L-R)

- 1 - 2 Rock RF to right side, Recover on LF
- 3 & 4 Step RF behind LF (7), Step LF to left side (&), Cross RF over LF
- 5 - 6 Rock LF to left side, Recover on RF
- 7 & 8 Step LF behind RF, Step RF to right side (&), Cross LF over RF

S3. Repeat S1

S4. Stomp, Hold 3x, Sway R-L (2x)

- 1 - 2 Stomp RF to right side (1), Hold (2)
- 3 - 4 Hold (3), Hold (4)
- 5 - 6 Sway R (5), Sway L (6)
- 7 - 8 Sway R (7), Sway L (8)

Last Update: 3 Jan 2024
