

# The One And Only

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: M. Reilly

Musique: 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)

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