

One and Only

拍数: 96 墙数: 2 级数: Intermediate +
编舞者: Lu Olsen (AUS) - April 2015
音乐: One and Only - Adele : (iTunes)



Start on vocals....on word 'MIND'

- 1,2,3 Step R fwd, Sweep L over R (2 counts)
4,5,6 Cross L over R, Step R to Right, Step L to Left
1,2,3 Cross R over L, Sweep/Touch L to Left, Hold
4,5,6 (L Coaster) Step L back, Step R beside L, Step L fwd [12.00]
- 1,2,3 Cross R over L, Step L to Left, ¼ Right turn & step R slightly fwd [3.00]
4,5,6 Step L fwd, Full Right turn spin/dragging R toe (2 counts)
1,2,3 Step R to Right, Step L beside R, Step R to Right
4,5,6 (L Sailor) Sweep/step L behind R, Step R to Right, Step L to Left
- 1,2,3 Step R back, Sweep L into ¼ Left turn (2 counts) □ [12.00]
4,5,6 Step L behind R, Step R to Right, Step L fwd,
1,2,3 ½ Right fwd turning waltz stepping R, L, R back □ [6.00]
4,5,6 Step L back, ¼ Right turn & step R to Right, Cross L over R □ [9.00]
- 1,2,3 Step R to Right, Drag L towards R (2 counts)
4,5,6 (1 ¼ Left turn L,R,L) ¼ Left turn & L fwd, ½ Left turn & R back, ½ Left turn & L fwd [6.00]
1,2,3 Step R fwd, Step L beside R, Step R fwd
4,5,6 Rock L to Left, Replace onto R, Cross L over R [6.00]
- 1,2,3 Step R back at Right 45, Drag L to meet R (2 counts) **
4,5,6 Angle body to face 5.00: Step L back at Left 45, Cross R over L, Step L back at L45 [5.00]
1,2,3 (Straighten to 6.00) Step R back at R45, Drag L to meet R (2 counts) [6.00]
4,5,6 L Coaster: Step L back to Left, Step R beside L, Step L fwd ##
- 1,2,3 Step R to Right at fwd 45, Hold, Hold
4,5,6 Replace weight onto Left, ½ Right hinge & step R slightly fwd, Step L beside R [12.00]
1,2,3 Step R to Right, Slide L into ¼ Left turn & step L beside R, Step R fwd □ [9.00]
4,5,6 Step L fwd, ½ left turn & step R back, ¼ Left turn & step L fwd [12.00]
- 1,2,3 Step R fwd, Sweep L toe from back to front, Touch L toe fwd □ [12.00]
4,5,6 Sweep L behind R, ¼ Right turn & R to Right, Step L fwd [3.00]
1,2,3 Step R fwd, Sweep L toe from back to touch front, Touch L toe fwd
4,5,6 Sweep L behind R, ¼ Right turn & R to Right, Step L fwd [6.00]
- 1,2,3 Step R fwd, ½ Right turn & Step L back, Step R back □ [12.00]
4,5,6 Step L back, Drag R (2 counts)
1,2,3 Step R back, ½ left turn & step L fwd, Step R back [6.00]
4,5,6 Step L back, Drag R, Hook R over L

SHORT WALLS: Walls 2 & 5 dance to count 60 ## then start again

TAG: At end of WALL 8 – (facing 12.00 add 6 count TAG):

- 1,2,3, Step R fwd, Drag L towards R (2 counts),
4,5,6 L Coaster: Step L back, Step R beside L, Step L fwd

****Dance ends on count 51 ** (facing 12.00)**

Enjoy!

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