

Your One And Only

拍数: 80 墙数: 2 级数: Intermediate
编舞者: Xavi Barrera (ES) - March 2019
音乐: Your One and Only - Jim Devine



Step sheet by: Xavi Barrera

There is a Restart after count 64 of the second and fourth walls.

There is a four counts' Tag and Restart after count 32 of the sixth wall. See details below.

There is a 25 counts' ending. It consists of repeating the last steps of the choreography. See details below.

HEEL, TOE, HEEL, SLAP, HEEL, TOE, SLAP, STEP

- 1- Touch right heel crossed over the left
- 2- Touch right toe to the right
- 3- Touch right heel crossed over the left
- 4- Raise right heel to the right, and slap it with the right hand
- 5- Touch right heel crossed over the left
- 6- Touch right toe to the right
- 7- Raise right heel crossed behind the left leg, and slap it with the left hand
- 8- Step right to the right

HEEL, TOE, HEEL, SLAP, HEEL, TOE, SLAP, STEP

- 9- Touch left heel crossed over the right
- 10- Touch left toe to the left
- 11- Touch left heel crossed over the right
- 12- Raise left heel to the left, and slap it with the left hand
- 13- Touch left heel crossed over the right
- 14- Touch left toe to the left
- 15- Raise left heel crossed behind the right leg, and slap it with the right hand
- 16- Scuff left to the left

GRAPEVINE, SWIVELS, ¼ TURN SWIVELS

- 17- Step left to the left
- 18- Cross right behind the left
- 19- Step left to the left
- 20- Stomp right beside the left
- 21- Move right heel to the right
- 22- Move right heel to center
- 23- Move right heel to the right
- 24- Move right heel to center, turning ¼ turn to the right at the same time

½ TURN TOE STRUT, ¼ TURN STEP, SCUFF, HOP-KICK x 2., STOMP x 2

- 25- Touch left toe forward
- 26- Lower left heel, turning ½ turn to the right at the same time
- 27- Step right back, turning ¼ turn to the right at the same time
- 28- Scuff left beside the right
- 29- Jump right forward, and kick left forward at the same time
- 30- Jump right forward, and kick left forward at the same time
- 31- Stomp left beside the right
- 32- Stomp right beside the left

On the sixth wall, add a four counts' Tag And Restart

¼ TURN THREE-COUNT JUMPED JAZZBOX x 2, STOMP x 2

- 33- Jumping, cross right over the left and flick left back at the same time
- 34- Jumping, step left short-back, turning ¼ turn to the left at the same time
- 35- Jumping, step right short-back and kick left forward at the same time
- 36- Jumping, cross left over the right and flick right back at the same time
- 37- Jumping, step right short-back, turning ¼ turn to the left, and kick left forward at the same time
- 38- Jumping, step left in place and flick right back at the same time
- 39- Stomp right beside the left
- 40- Stomp left beside the right

½ TURN PIVOT x 2, ROCK STEP, STEP, HOLD

- 41- Touch right forward
- 42- Pivot ½ turn to the left on to the left foot
- 43- Touch right forward
- 44- Pivot ½ turn to the left on to the left foot
- 45- Rock right forward
- 46- Recover your weight on to the left
- 47- Step right back
- 48- Hold

SLOW COASTER STEP, STEP-SCUFF x 3

- 49- Step left back
- 50- Step right beside the left
- 51- Step left forward
- 52- Scuff right beside the left
- 53- Step right forward
- 54- Scuff left beside the right
- 55- Step left forward
- 56- Scuff right beside the left

STEP-SCUFF, STEP, STOMP, ½ TURN TOE STRUT x 2

- 57- Step right forward
- 58- Scuff left beside the right
- 59- Step left forward
- 60- Stomp right beside the left
- 61- Touch right toe back
- 62- Lower right heel, turning ½ turn to the right at the same time
- 63- Touch left toe forward
- 64- Lower left heel, turning ½ turn to the right at the same time

On the second and fourth walls, Restart At This Point

JUMPED ROCK STEP x 2, ¼ TURN STEP, SCUFF, ¼ TURN STEP, STOMP

- 65- Jumping, rock right back
- 66- Jumping, recover your weight on to the left
- 67- Jumping, rock right back
- 68- Jumping, recover your weight on to the left
- 69- Step right forward, turning ¼ turn to the left at the same time
- 70- Scuff left beside the right
- 71- Step left to the left, turning ¼ turn to the left at the same time
- 72- Stomp right beside the left

JUMPED SPREAD-CROSS COMBINATION, ½ TURN PIVOT, HOLD

- 73- Jumping, spread legs
- 74- Jumping, cross right over the left, and left behind the right
- 75- Jumping, spread legs
- 76- Jumping, cross right behind the left, and left over the right
- 77- Jumping spread legs
- 78- Jumping, cross right over the left, and left behind the right
- 79- Pivot ½ turn to the left
- 80- Hold

Restart

TAG: ¼ TURN STEP, SCUFF, ¼ TURN STEP, SCUFF

- 1- Step right forward, turning ¼ turn to the left at the same time
- 2- Scuff left beside the right
- 3- Step left to the left, turning ¼ turn to the left at the same time
- 4- Stomp right beside the left

ENDING: After count 80 of the last wall, add these 22 counts (are the same of the latest steps of the choreography):

JUMPED ROCK STEP x 2, ¼ TURN STEP, SCUFF, ¼ TURN STEP, STOMP

- 1- Jumping, rock right back
- 2- Jumping, recover your weight on to the left
- 3- Jumping, rock right back
- 4- Jumping, recover your weight on to the left
- 5- Step right forward, turning ¼ turn to the left at the same time
- 6- Scuff left beside the right
- 7- Step left to the left, turning ¼ turn to the left at the same time
- 8- Stomp right beside the left

JUMPED SPREAD-CROSS COMBINATION, ½ TURN PIVOT, HOLD

- 9- Jumping, spread legs
- 10- Jumping, cross right over the left, and left behind the right
- 11- Jumping, spread legs
- 12- Jumping, cross right behind the left, and left over the right
- 13- Jumping spread legs
- 14- Jumping, cross right over the left, and left behind the right
- 15- Pivot ½ turn to the left
- 16- Hold

JUMPED ROCK STEP x 2, ¼ TURN STEP, SCUFF, ¼ TURN STEP, STOMP

- 17- Jumping, rock right back
 - 18- Jumping, recover your weight on to the left
 - 19- Jumping, rock right back
 - 20- Jumping, recover your weight on to the left
 - 21- Stomp right forward, turning ½ turn to the left at the same time
 - 22- Stomp left forward
-