

# The Only One

拍数: 64      墙数: 2      级数: Easy Intermediate  
编舞者: Séverine Fillion (FR) - July 2020  
音乐: The Only One (feat. Séverine Fillion) - Crazy Pug



Intro : 16 counts

## [1-8] STOMP, CLAP, KICK BALL CHANGE (RIGHT & LEFT)

1-2            Stomp right fwd, Clap  
3&4           Kick left fwd, left next to right, right in place  
5-6            Stomp left fwd, Clap  
7&8            Kick right fwd, right next to left, left in place

## [9-16] ROCK FWD, TRIPLE BACK, BACK ROCK, TRIPLE FWD

1-2            Rock step right fwd, recover on left  
3&4            Triple step right – left – right backward  
5-6            Rock back on left, recover on right  
7&8            Triple step left – right – left fwd \*\* RESTART here on wall 2 at 6:00

## [17-24] STEP 1/4 TURN, CROSS SHUFFLE, 1/4 TURN, 1/4 TURN, CROSS SHUFFLE

1-2            Right fwd, Turn 1/4 left (weight on left) 9:00  
3&4            Right cross over left, left to left, right cross over left  
5-6            1/4 turn right stepping left back, 1/4 turn right stepping right to right 3:00  
7&8            Left cross over right, right to right, left cross over right

## [25-32] SIDE STEP, TOUCH, 1/4 TURN, TOUCH, 1/4 TURN, TOUCH, 1/4 TURN, TOUCH

1-2            Right step to right side, Touch left next to right  
3-4            1/4 turn left stepping left fwd, Touch right next to left 12:00  
\*\* RESTART here on wall 7 at 6:00  
5-6            1/4 turn left stepping right to right side, Touch left next to right 9:00  
7-8            1/4 turn left stepping left fwd, Touch right next to left 6:00

\*\* RESTARTS here on walls 3 & 5 at 12:00

## [33-40] ROCK FWD, COASTER STEP, SIDE POINT – HOLD (L & R)

1-2            Rock step right fwd, recover on left  
3&4            Right back, left next to right, right fwd  
5-6            Touch left toe to left side, Hold  
&7-8           Left next to right (&), Touch right toe to right side, Hold

## [41-48] SAILOR STEP, SAILOR 1/4 TURN, VINE TO RIGHT, TOUCH

1&2            Right cross behind left, left to left, right to right  
3&4            Left cross behind right, 1/4 turn left stepping right to right, left fwd 3:00  
5-8            Right to right, left cross behind right, right to right, Touch left next to right

## [49-56] ROLLING VINE TO LEFT, TOUCH, STOMP, CLAP, 1/2 TURN & STOMP, CLAP

1-4            1/4 turn left stepping left fwd, 1/2 turn left stepping right back, 1/4 turn left stepping left to left,  
                  Touch right  
5-6            Stomp right to right side, Clap  
7-8            1/2 turn right on right foot & Stomp left to left side, Clap 9:00

## [57-64] BACK ROCK, SIDE ROCK, WEAVE 1/4 TURN LEFT

1-4            Rock back on right, recover on left, side rock to right side, recover on left  
5-8            Right cross over left, left to left, right cross behind left, 1/4 turn left stepping left fwd 6:00

ENJOY & HAVE FUN !!

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