

# One And Only One

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Matt Jenkins (UK)  
音乐: One and Only One - Paul Brandt



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## RIGHT SHUFFLE FORWARD, LEFT TOE STRUT TWICE

1&2	Right shuffle forward (right, left, right)
3-4	Left toe strut
5&6	Right shuffle forward (right, left, right)
7-8	Left toe strut

## DIAGONAL STEP SLIDES BACK WITH CLAPS

9-10	Step diagonally back on left, slide right together and clap
11-12	Step diagonally back on right, slide left together and clap
13-14	Step diagonally back on left, slide right together and clap
15-16	Step diagonally back on right, slide left together and clap

## SYNCOPATED CROSS STEPS WITH CLAPS, STEP ½ TURN

17&18	Rock onto left, & step onto right, cross left in front
19	Clap
20&21	Rock onto right, & step onto left, cross right in front
22	Clap
23-24	Step left slightly forward ½ turn

## WALK FORWARD RIGHT, LEFT, REPEAT 17-24, STEP RIGHT ½ TURN, JUMP, JUMP

25-26	Walk forward on right, left
27-32	Repeat 17-24
33&	Step right slightly forward ½ turn
34&	Jump forward on both feet twice

On 34&, walk forward right, left, if you don't want to jump

**REPEAT**

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