

# One And Only One

拍数: 56      墙数: 4      级数: Intermediate  
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音乐: One and Only One - Paul Brandt



## TOUCH, PAUSE, TOUCH, PAUSE. PENDULUM SWING, STEP

1-2            Touch left out to side, pause  
3-4            Touch left back to place, pause  
5&6            Touch left out to side, back to place while touching right out to side  
&7-8            Right back to place while touching left out to side, step left next to right

## TOUCH, PAUSE, TOUCH, PAUSE. PENDULUM SWING, STEP

9-10            Touch right out to side, pause  
11-12            Touch right back to place, pause  
13&14            Touch right out to side, back to place while touching left out to side  
&15-16            Left back to place while touching right out to side, touch right next to left

## TOUCH, PAUSE, SWITCH STEP, PAUSE. SWITCH STEP X 3, PAUSE

17-18            Touch right heel forward, pause  
&19-20            Right back to place while touching left heel forward, pause  
&21            Left back to place while touching right heel forward  
&22            Right back to place while touching left heel forward  
&23-24            Left back to place while touching right heel forward, pause

## HIP BUMPS X 4. SHUFFLE, SCUFF, STEP WITH ½ TURN AND HITCH

25-26            Bump hips forward, (twice)  
27-28            Bump hips back, (twice)  
29&30            Step right forward, bring left up to right, step right forward  
31-32            Scuff left, step right forward making half a turn right on ball of right foot and hitch left

## ROCK BACK, FORWARD, SHUFFLE. STEP, PIVOT ½ TURN, STEP PIVOT ½ TURN

33-34            Rock back on left, rock forward on right  
35-36            Step left forward, bring right up to left, step left forward  
37-38            Step right forward, pivot half turn over left shoulder  
39-40            Step right forward, pivot half turn over left shoulder

## STEP, KICK, STEP, STEP. SWIVEL TOES & HEELS TWICE

41-42            Step right forward, kick left  
43-44            Step left back, step right next to left  
45-46            Swivel right toes to right and left heel to left, back to place  
47-48            Swivel left toes to left and right heel to right, back to place

## STEP, LOCK, STEP, STEP. JAZZ BOX WITH ¼ TURN

49-50            Step right forward, lock left behind right  
51-52            Step right forward, step left next to right  
53-54            Step right over left, step back on left  
55-56            Step right making quarter turn over right shoulder, touch left next to right

**REPEAT**