

# The One And Only

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: M. Reilly  
音乐: The One and Only - Chesney Hawkes



## RIGHT SIDE CHASSE, ROCK BACK, LEFT SIDE CHASSE, ROCK BACK

1&2      Step right to right side, step left next to right, step right to right side  
3-4      Rock back on left, recover on right  
5&6      Step left to left side, step right next to left, step left to left side  
7-8      Rock back on right, recover on left

## TURNING TOE STRUTS, ¼ TURN RIGHT, KICK BALL STEP, ROCK RECOVER

9-10      Step right toe right, bringing right heel down, slightly turning right  
11-12      Step left toe right, bringing left heel down, slightly turning right to complete ¼ turn right  
13&14      Kick right forward, step right toe behind left, step left beside right  
15-16      Rock forward on right, recover on left

## COASTER STEP, ROCK FORWARD, TOE STRUT BACK, TOE STRUT ¼ TURN

17&18      Step back on right, close left beside right, step right forward  
19-20      Rock forward on left, recover on right  
21-22      Step left toe back, bringing left heel down  
23-24      Step right toe back, bringing right heel down, turning ¼ turn right

## SWAY, SWAY, SIDE CHASSE, SAILOR STEP, SAILOR ¼ TURN

25-26      Sway hips left, then right  
27&28      Step left to left side, step right next to left, step left to left side  
29&30      Step right behind left, step left to left side, step right to right side  
31&32      Step left behind right, step right to right side, turning ¼ turn left, step left to left side

## REPEAT

## TAG

Only done once, after the 3rd wall

Step on right, hold, then Elvis knees starting with left for 8 counts (or heel bounces if preferred)

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