

# One and Only

拍數: 96      牆數: 2      級數: Intermediate +  
編舞者: Lu Olsen (AUS) - April 2015  
音樂: One and Only - Adele : (iTunes)



## Start on vocals....on word 'MIND'

- 1,2,3      Step R fwd, Sweep L over R (2 counts)  
4,5,6      Cross L over R, Step R to Right, Step L to Left  
1,2,3      Cross R over L, Sweep/Touch L to Left, Hold  
4,5,6      (L Coaster) Step L back, Step R beside L, Step L fwd [12.00]
- 1,2,3      Cross R over L, Step L to Left, ¼ Right turn & step R slightly fwd [3.00]  
4,5,6      Step L fwd, Full Right turn spin/dragging R toe (2 counts)  
1,2,3      Step R to Right, Step L beside R, Step R to Right  
4,5,6      (L Sailor) Sweep/step L behind R, Step R to Right, Step L to Left
- 1,2,3      Step R back, Sweep L into ¼ Left turn (2 counts) □ [12.00]  
4,5,6      Step L behind R, Step R to Right, Step L fwd,  
1,2,3      ½ Right fwd turning waltz stepping R, L, R back □ [6.00]  
4,5,6      Step L back, ¼ Right turn & step R to Right, Cross L over R □ [9.00]
- 1,2,3      Step R to Right, Drag L towards R (2 counts)  
4,5,6      (1 ¼ Left turn L,R,L) ¼ Left turn & L fwd, ½ Left turn & R back, ½ Left turn & L fwd [6.00]  
1,2,3      Step R fwd, Step L beside R, Step R fwd  
4,5,6      Rock L to Left, Replace onto R, Cross L over R [6.00]
- 1,2,3      Step R back at Right 45, Drag L to meet R (2 counts) \*\*  
4,5,6      Angle body to face 5.00: Step L back at Left 45, Cross R over L, Step L back at L45 [5.00]  
1,2,3      (Straighten to 6.00) Step R back at R45, Drag L to meet R (2 counts) [6.00]  
4,5,6      L Coaster: Step L back to Left, Step R beside L, Step L fwd ##
- 1,2,3      Step R to Right at fwd 45, Hold, Hold  
4,5,6      Replace weight onto Left, ½ Right hinge & step R slightly fwd, Step L beside R [12.00]  
1,2,3      Step R to Right, Slide L into ¼ Left turn & step L beside R, Step R fwd □ [9.00]  
4,5,6      Step L fwd, ½ left turn & step R back, ¼ Left turn & step L fwd [12.00]
- 1,2,3      Step R fwd, Sweep L toe from back to front, Touch L toe fwd □ [12.00]  
4,5,6      Sweep L behind R, ¼ Right turn & R to Right, Step L fwd [3.00]  
1,2,3      Step R fwd, Sweep L toe from back to touch front, Touch L toe fwd  
4,5,6      Sweep L behind R, ¼ Right turn & R to Right, Step L fwd [6.00]
- 1,2,3      Step R fwd, ½ Right turn & Step L back, Step R back □ [12.00]  
4,5,6      Step L back, Drag R (2 counts)  
1,2,3      Step R back, ½ left turn & step L fwd, Step R back [6.00]  
4,5,6      Step L back, Drag R, Hook R over L

**SHORT WALLS: Walls 2 & 5 dance to count 60 ## then start again**

**TAG: At end of WALL 8 – (facing 12.00 add 6 count TAG):**

- 1,2,3,      Step R fwd, Drag L towards R (2 counts),  
4,5,6      L Coaster: Step L back, Step R beside L, Step L fwd

**\*\*Dance ends on count 51 \*\* (facing 12.00)**

**Enjoy!**

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