

# The Only One

拍數: 64      牆數: 4      級數: Improver / Intermediate  
編舞者: Rafel Corbí (ES) - September 2015  
音樂: Talk About You - MIKA



Intro 32 counts (from the first singing)

## SECTION 1 - CROSS ROCK, CHASSE RIGHT, CROSS, SIDE, BEHIND, SIDE, HEEL

1-2      Cross rock Right over Left, Rock back on Left  
3&4      Step Right to Right side, Close Left beside Right, Step Right to Right side  
5-6      Cross step Left over Right, Step Right to Right side  
7&8      Cross Left behind Right, Step Right to Right side, Dig Left heel Diagonally forward Left

## SECTION 2: BESIDE, HEEL, HOLD, BESIDE, ROCK, RECOVER, CROSS, SIDE, LEFT SAILOR 1/4 TURN LEFT

&1-2      Step Left beside Right, Right heel forward, Hold and Clap  
&3-4      Step Right beside Left, Rock Left out to Left side, Recover weight on Right  
5-6      Cross step Left over Right, Step Right to Right side  
7&8      Cross Left behind Right making 1/4 turn Left, Step Right beside Left, Step forward on Left  
9:00

## SECTION 3: FORWARD, CHASSE LEFT DIAGONAL, ROCK, RECOVER, SIDE, 3 STEPS WALKING AND TURNING 1/2 RIGHT

1      Step Right forward  
2&3      In left diagonal, step Left forward, close Right beside Left, Step Left forward  
4&5      Cross rock Right over Left, Recover back on Left, Step Right to side 9:00  
6-8      Three steps walking Left, Right, Left turning 1/2 to Right 3:00

## SECTION 4: RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, ROCK, RECOVER, SIDE, CROSS, HITCH

1&2      Step forward on Right, Left beside Right, Step forward on Right  
3&4      Step forward on Left, Right beside Left, Step forward on Left  
5-6      Rock Right forward, recover on Left  
&7-8      Step Right to right side, cross/step Left over Right, hitch Right knee

## SECTION 5: RIGHT SIDE STEP, HOLD, BOUNCE HEELS, LEFT SIDE CHASSE, CROSSING SHUFFLE

1-2      Step Right to Right side, hold  
3-4      Bounce heels  
5&6      Step Left to Left side, Right beside Left, step Left to left side  
7&8      Cross Right over Left, small step Left to Left side, Cross Right over Left

## SECTION 6: ROCK, RECOVER, FULL TURN LEFT, SHUFFLE FORWARD, RIGHT MAMBO STEP FORWARD

1-2      Rock Left forward, recover on Right  
3-4      1/2 turn left and step Left forward, 1/2 turn left and step Right back 3:00  
5&6      1/2 turn left and step Left forward, Right beside Left, step Left forward 9:00  
7&8      Rock Right forward, recover on Left, step Right back

## SECTION 7: ROCK BACK SIDE, ROCK BACK SIDE, RECOVER, JAZZ BOX

1&2      Rock Left back, recover on Right step Left to side  
3&4      Rock Right back, recover on Left, step Right to side  
5-6      Cross step Left over Right, step back with Riggth  
7-8      Step Left to side, cross Right over Left

**SECTION 8: TOE STRUTS, ROCK, RECOVER, LEFT SIDE CHASSE**

- 1-2 Touch Left toe in Left diagonal, drop heel (angling body to Left)
- 3-4 Touch Right toe in Right diagonal, drop heel (angling body to right)
- 5-6 Cross/rock Left over Right, recover on Right
- 7&8 Step Left to left side, Right beside Left, step Left to left side

**Start again :-)**

**Restart: After 56 counts of wall 4 (12:00).**

**Instead of cross (Count 8 of section 7, do a Right scuff beside Left)**

**Dance ends on wall 6 looking at front wall while doing the drag on count 2 of section 5**

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