

# Only One

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Amy Glass (USA) - November 2016  
音樂: There's Only One of You - Nathan Sykes : (iTunes, amazon)



#16 count intro; starts on lyrics, 2 restarts after 16 counts on walls 2 & 6

**[1-8] □ Walk x2, Anchor with Sweep, Behind, Side, Cross, Side, Together, Cross**

1-2            Walk forward R, L  
3&4           Step RF to L instep, Step LF in place, Step RF in place while sweeping LF front to back  
5&6           Step LF behind RF, RF to R, Cross LF over RF  
&7-8          Step RF to R, Close LF next to RF, Cross RF over LF

**[9-16] □ Rolling Full Turn R, Side Rock Cross, Rolling Full Turn L, Step Drag Opening Up ¼ L**

1-2            Step back on LF turning ¼ R, Forward RF turning ¾ R (12:00)  
3&4            Rock LF to L, Recover weight on RF, Cross LF over RF  
5-6            Step back on RF turning ¼ L, Forward on LF turning ¾ L (12:00)  
7-8&          Big Step RF to R, Drag LF to RF touching LF next to RF, opening up to ¼ L (9:00), Place weight on LF

**[17-24] □ Slow Skate, Shuffle to R Diagonal, Press, Drag, Step Pivot ½**

1-2            Slowly skate to R diagonal ending with weight R (10:30)  
3&4            Shuffle forward to L diagonal (L, R, L) (7:30)  
5-6            Press R foot forward (to diagonal), Drag LF back (7:30)  
7-8            Step LF forward, Pivot ½ R (1:30)

**[25-32] □ Rock Recover, Behind, Side, Cross, Kick with Rise, Run x2, Rocking Chair**

1-2            Rock LF to L, Recover weight to RF squaring up to 3:00 wall  
3&4            Cross LF behind RF, Step RF to R, Cross LF over RF  
5&6            Kick RF forward (rise up on LF toes), Run forward on RF (dropping back to center), Forward L  
7&8&          Rock forward on RF, Recover on LF, Rock back on RF, Recover on LF

**Restarts: Walls 2 & 6 after 16 counts (return to 12:00 to start wall 3 and 6:00 to start wall 7)**

**Ending: Dance ends after 16 counts, so under rotate for the last full turn facing the 9:00 wall so that the dance will end with the step drag to the front**

Have fun!

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Last Update – 8th Dec 2016