

# One & Only

拍數: 72      牆數: 4      級數: Intermediate  
編舞者: June Hulcombe (AUS) & Barbara Willshire (AUS)  
音樂: Your One and Only - Ricky Van Shelton



## HEEL FORWARD, TOE BACK, STEP, PIVOT, TOE STRUT

1-2      Rock forward onto right heel, recover weight onto left  
3-4      Rock back onto right toe, recover weight onto left  
5-6      Step right forward, turn ½ turn left (weight on left)  
7-8      Touch right toe forward, drop right heel (toe strut)

## HEEL STRUT, HEEL, HEEL, ROCK, ROCK, CROSS, HOLD

1-2      Step left heel forward, drop left toes lifting left heel  
3-4      Tap left heel down twice keeping weight on right  
5-6      Step left to left side, step right center  
7-8      Step left across in front of right, hold

## ROCK RIGHT, WEAVE LEFT, ¼ TURN LEFT, FORWARD, HOLD

1-2      Step/rock right to right side, step left center  
3-4      Step right across in front of left, step left to left side  
5-6      Step right behind left, turning ¼ turn left step left forward  
7-8      Step right forward, hold

## COASTER FORWARD, HOLD, COASTER BACK, HOLD

1-2      Step forward on to left, step right next to left  
3-4      Step back on to left, hold  
5-6      Step back on to right, step left next to right  
7-8      Step forward on to right, hold

## ROCK, ROCK, CROSS, HOLD, STEP, CROSS, STEP, HOLD

1-2      Step/rock left to left side, step right center  
3-4      Step left across in front of right, hold  
5-6      Step right to right side, step left across in front of right  
7-8      Step right to right side, hold

## ROCK BEHIND, RECOVER, SIDE, HOLD, ROCK BEHIND, RECOVER, SIDE HOLD

1-2      Step/rock left behind right, step right in place  
3-4      Step left to left side, hold  
5-6      Step/rock right behind left, step left in place  
7-8      Step right to right side, hold

## ROCK FORWARD, RECOVER, TURN ½, HOLD, STEP, LOCK, STEP, HOLD

1-2      Step/rock forward on to left, step/rock back on to right  
3-4      Turning ½ turn left step forward on to left, hold  
5-6      Step right forward, lock step left behind right  
7-8      Step right forward, hold

## ROCK FORWARD, RECOVER, TURN ½, HOLD, ¼ PADDLE, ¼ PADDLE

1-2      Step/rock forward on to left, step/rock back on to right  
3-4      Turning ½ turn left step forward on to left, hold  
5-6      Step right forward, turn ¼ turn left (weight left)

7-8 Step right forward, turn  $\frac{1}{4}$  turn left (weight left)

**RIGHT SAILOR STEP, HOLD, LEFT SAILOR STEP, HOLD**

1-2 Step right behind left, step left to left side

3-4 Step right center, hold

5-6 Step left behind right, step right to right side

7-8 Step left center, hold

**REPEAT**

**TAG**

On wall 5, facing front, repeat the first four steps of the dance before continuing to count 64, then restart (leave off the sailor steps)

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