

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)
