

# One And Only One

**COPPER KNOB**  
STEPSHEETS

拍數: 56      牆數: 4      級數: Intermediate  
編舞者: Ian Grey (UK) & Michael Grey (UK)  
音樂: One and Only One - Paul Brandt



## **TOUCH, PAUSE, TOUCH, PAUSE. PENDULUM SWING, STEP**

1-2            Touch left out to side, pause  
3-4            Touch left back to place, pause  
5&6           Touch left out to side, back to place while touching right out to side  
&7-8          Right back to place while touching left out to side, step left next to right

## **TOUCH, PAUSE, TOUCH, PAUSE. PENDULUM SWING, STEP**

9-10           Touch right out to side, pause  
11-12          Touch right back to place, pause  
13&14          Touch right out to side, back to place while touching left out to side  
&15-16        Left back to place while touching right out to side, touch right next to left

## **TOUCH, PAUSE, SWITCH STEP, PAUSE. SWITCH STEP X 3, PAUSE**

17-18          Touch right heel forward, pause  
&19-20        Right back to place while touching left heel forward, pause  
&21            Left back to place while touching right heel forward  
&22            Right back to place while touching left heel forward  
&23-24        Left back to place while touching right heel forward, pause

## **HIP BUMPS X 4. SHUFFLE, SCUFF, STEP WITH ½ TURN AND HITCH**

25-26          Bump hips forward, (twice)  
27-28          Bump hips back, (twice)  
29&30          Step right forward, bring left up to right, step right forward  
31-32          Scuff left, step right forward making half a turn right on ball of right foot and hitch left

## **ROCK BACK, FORWARD, SHUFFLE. STEP, PIVOT ½ TURN, STEP PIVOT ½ TURN**

33-34          Rock back on left, rock forward on right  
35-36          Step left forward, bring right up to left, step left forward  
37-38          Step right forward, pivot half turn over left shoulder  
39-40          Step right forward, pivot half turn over left shoulder

## **STEP, KICK, STEP, STEP. SWIVEL TOES & HEELS TWICE**

41-42          Step right forward, kick left  
43-44          Step left back, step right next to left  
45-46          Swivel right toes to right and left heel to left, back to place  
47-48          Swivel left toes to left and right heel to right, back to place

## **STEP, LOCK, STEP, STEP. JAZZ BOX WITH ¼ TURN**

49-50          Step right forward, lock left behind right  
51-52          Step right forward, step left next to right  
53-54          Step right over left, step back on left  
55-56          Step right making quarter turn over right shoulder, touch left next to right

**REPEAT**