

# You Are the Only One

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**Count:** 90                      **Wall:** 1                      **Level:** Phrased Intermediate

**Choreographer:** Tom Inge Soenju (NOR), May 2016

**Music:** "You Are The Only One" by Sergey Lazarev (Сергей Лазарев) (Eurovision 2016). iTunes, Google Play and Amazon

**Intro: 8 (24) Counts after church bells.**

**SEQ: ABCC-B(8)BBCC-A(16)CC(19+end)**

**The sequence is easy to follow by listening to the music.**

**The numbers indicate the number of counts done in each part before restart. So B(8) indicates that you dance the first 8 counts of part B before you restart on part B.**

**The song starts with a beat that can either be counted in a waltz pattern (fast) or in a normal 8-pattern (slow). There are 3 waltz counts in 1 "normal" count. This only applies to part A. In the rest of the song a "normal" 8-counting is used. Both methods of counting have been added for part A and intro, where the waltz-count is in parentheses, in case someone finds this confusing.**

**Part A: Part A - 26 (78) Counts**

**Section A1: 1/4 Turn slide, 1/8 Turn slide, 1/4 Turn and slide, 3/8 Turn and slide, Sway, Sway, 1/8 Turn slide, 6/8 Turn rock**

**1(1,2,3) Turn (1/4) to you left (9:00) sliding right foot back**

**2(4,5,6) Turn (1/8) to your left (7:30) sliding left foot forward**

**3(1,2,3) Turn (1/4) to your left (4:30) then slide right foot to right side**

**4(4,5,6) Turn (3/8) to your left facing 12:00 then slide left foot to left side**

**5(1,2,3) Recover weight onto right foot**

**6(4,5,6) Recover weight onto left foot**

**7(1,2,3) Turn (1/8) to your left (10:30) sliding right foot forward**

**8(4,5,6) Turn (6/8) to your left (1:30) sliding left foot forward**

**Section A2: Recover, Rock, 1/8 Turn rock, Recover, Step, Recover, 1/4 Turn slide, 1/8 Turn slide**

**1(1,2,3) Recover weight onto right foot**

**2(4,5,6) Recover weight onto left foot**

**3(1,2,3) Turn (1/8) to your left (12:00) sliding right foot to right side**

**4(4,5,6) Recover weight onto left foot**

**5(1,2,3) Step right foot back**

**6(4,5,6) Recover weight to left foot**

**7(1,2,3) Turn (1/4) to you left (9:00) sliding right foot back**

**8(4,5,6) Turn (1/8) to your left (7:30) sliding left foot toward**

**Section A3: 1/4 Turn and slide, 3/8 Turn and slide, Sway, Sway, 1/8 Turn slide, 6/8 Turn rock, Recover, Rock**

**1(1,2,3) Turn (1/4) to your left (4:30) then slide right foot to right side**

**2(4,5,6) Turn (3/8) to your left facing 12:00 then slide left foot to left side**

**3(1,2,3) Recover weight onto right foot**

**4(4,5,6) Recover weight onto left foot**

**5(1,2,3) Turn (1/8) to your left (10:30) sliding right foot forward**

**6(4,5,6) Turn (6/8) to your left (1:30) sliding left foot forward**

**7(1,2,3) Recover weight onto right foot**

**8(4,5,6) Recover weight onto left foot**

**Section A4: 1/8 Turn Rock, Recover**

**1(1,2,3) Turn (1/8) to your left (12:00) sliding right foot to right side**

**2(4,5,6) Recover weight onto left foot**

## **Part B: Part B - 32 Counts**

### **Section B1: Side Rock, Behind-Side-Cross, Side Rock, Behind-Side-Cross**

- 1 Step (rock) right foot to right side
- 2 Recover weight onto left foot
- 3 & Cross right foot behind left foot and step left foot next to right foot
- 4 Cross right foot over left foot
- 5 Step (rock) left foot to left side
- 6 Recover weight onto right foot
- 7 & Cross left foot behind right foot and step right foot next to left foot
- 8 Cross left foot over right foot

### **Section B2: Shuffle forward, Rock, Recover, ½ Turn shuffle, Chassé ¼ turn**

- 1 & Step right foot forward and step left foot behind
- 2 Step right foot forward
- 3 Step (rock) left foot forward
- 4 Recover weight onto right foot
- 5 & Half turn to your left, stepping left foot forward and step right foot behind left foot
- 6 Step left foot forward
- 7 & Quarter turn to your left stepping right foot to right side and step left foot next to right foot
- 8 Step right foot to right side

### **Section B3: Sailor step, Cross Step, Sailor step, Cross, Hitch ¼ turn**

- 1 & Step left foot behind right foot and step right foot next to left foot
- 2 Step left foot forward
- 3 Cross right foot over left foot
- 4 Step left foot to left side
- 5 & Step right foot behind left foot and put left foot next to right foot
- 6 Step right foot forward
- 7 Cross left foot over right foot
- 8 Hitch right foot and make a quarter turn to your left

#### **Section B4: Prissy, Hold, Prissy walk, Hold, Rocking chair**

- 1 Step right foot forward and across left foot
- 2 Hold
- 3 Hitch left foot forward and across right foot
- 4 Hold
- 5 Step right foot forward
- 6 Recover weight onto left foot
- 7 Step right foot back
- 8 Recover weight onto left foot

#### **Part C: Part C - 32 counts**

##### **Section C1: Kickball cross, Scissor cross, Step, Behind-Side-Cross, Step**

- 1 & Kick right foot forward and step right foot next to left foot
- 2 Cross left foot over right foot
- 3 & Step right foot to right side and step left foot next to right foot
- 4 Cross right foot over left foot
- 5 Step left foot to left side
- 6 & Step right foot behind left foot and step left foot next to right foot
- 7 Cross right foot over left foot
- 8 Step left foot to left side

##### **Section C2: ¼ Turn chassé, ¼ Turn chassé, ¼ Turn step, ¼ Turn jazz box**

- 1 & Quarter turn to your right (3:00) stepping right foot to right side and step left foot next to right foot
- 2 Step right foot to right side
- 3 & Quarter turn to your right (6:00) stepping left foot to left side and step right foot next to left foot
- 4 Step left foot to left side
- 5 Quarter turn to your right (9:00) stepping right foot to right side
- 6 Quarter turn to your right (12:00) stepping left foot to left side

7 Cross right foot over left foot

8 Step left foot back

### **Section C3: Together, Cross shuffle, Full turn, 1/8 Turn Forward shuffle**

1 Step right foot next to left foot

2 & Cross left foot over right foot and step right foot behind left foot

3 Cross left foot over right foot

4 Quarter turn to your left stepping right foot back (9:00)

5 Half turn to your left stepping left foot forward (3:00)

6 Quarter turn to your left stepping right foot back (12:00)

7 & Turn 1/8 to your left (10:30), stepping left foot forward and step right foot behind left foot

8 Step left foot forward (10:30)

### **Section C4: Rock, Recover, 1/8 Turn chassé, Jazz box, Step, Touch**

1 Step (rock) right foot forward (10:30)

2 Recover weight onto left foot

3 & Turn 1/8 to your right (12:00), stepping right foot to right side and step left foot next to right foot

4 Step right foot to right side

5 Cross left foot over right foot

6 Step right foot back

7 Step left foot to left side

8 Touch right foot next to left foot

### **Enjoy and happy dancing!**

#### **Tag/Restart: No Tags, 2 Restarts.**

**\*1st restart: In the second B part, dance the first 8 counts and restart on part B.**

**\*\*2nd restart: In the second A part, dance the first 16 counts and restart with part C.**

**End: Dance 19 counts of the last C part (after cross shuffle) and finish with sweeping right foot forward to 12:00.**