

# The Only One

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Dan Morrison (Feb 2014)

**Music:** The Only One by Bif Naked

## Intro: 16 Counts, Start on Lyrics

**RESTART: During Wall 4 (3 o'clock), dance first 16 Counts, add a R Hitch (&) then start again.**

## R Shuffle, Rock-Recover, L Shuffle, Rock-Recover

- 1&2**            Step R side R (1) Step L beside R (&) Step R side R (2)
- 3-4**            Rock L behind R (3) Recover onto R (4)
- 5&6**            Step L side L (5) Step R beside L (&) Step L side L (6)
- 7-8**            Rock R behind L (7) Recover onto L (8)

## R Shuffle, 1/2 Pivot, L Shuffle, 1/4 Pivot

- 1&2**            Step R forward (1) Step L beside R (&) Step R forward (2)
- 3-4**            Step L forward (3) 1/2 Pivot R, wt on R (4)
- 5&6**            Step L forward (5) Step R beside L (&) Step L forward (6)
- 7-8**            Step R forward (7) 1/4 Pivot L, wt on L (8)

## RESTART: During Wall 4 (3 o'clock)

## Samba, Cross, Side, 1/4 Sailor, Walk 2x

- 1&2**            Step R forward (1) Step L side L (&) Step R forward (2)
- 3-4**            Step L over R (3) Step R side R (4)
- 5&6**            Step L behind R (5) 1/4 turn L, Step R beside L (&) Step L forward (6)
- 7-8**            Step R forward (7) Step L forward (8)

## 1/4 Pivot- Cross, Side, Behind, Shuffle, Hitch-Ball-Cross

- 1&2**            Step R forward (1) 1/4 Pivot L, wt on L (&) Step R over L (2)
- 3-4**            Step L side L (3) Step R behind L (4)
- 5&6**            Step L side L (5) Step R beside L (&) Step L side L (6)

**7&8** Hitch R knee across L (7) Step R side R (&) Step L over R (8)

**HAVE FUN AND ENJOY**

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