

THE ONLY ONE

LINEDANCE.COM

Count: 34

Wall: 4

Level: Intermediate

Choreographer: Glynn "Applejack" Rodgers

Music: The Only One by Lionel Richie

BASIC NIGHTCLUB, SIDE, COASTER STEP, PIVOT ½, STEP, ¾ HINGE TURN

- 1-2&** Step left to left side, rock back right, recover weight onto left
- 3-4&5** Step right to right side, step back left, close right to left, step forward left
- 6&** Step forward right, pivot ½ turn left
- 7&8** Step forward right, make ½ turn right stepping back left, make ¼ turn right stepping side right

CROSS ROCK, VINE ¼ TURN, SWEEP, JAZZ BOX WITH SWAY, ROCK & CROSS

- 1&** Cross rock left over right, recover weight onto right
- 2&3** Step left to left side, cross right behind left, turn ¼ left stepping forward left, sweeping right out
- 4&5** Cross right over left, step back left, step right to right side swaying hips right
- 6-7&8** Sway hip left, rock right to right side, recover weight onto left, cross right over left

Restart here on wall 4

Vine ¼, ½ TURN SWEEP, DIAGONAL. ROCK, WEAVE LEFT, ROCK BACK, ½ TURN

- 1&2** Step left to left side, cross right behind left, turn ¼ left stepping forward left, make further ½ turn left sweeping right leg round (in the same count)
- 3-4** Rock right out to right diagonal, recover weight onto left
- 5&** Cross right behind left, step left to left side
- 6&** Cross right over left, step left to left side
- 7&8** Rock back right, recover weight onto left, make ½ turn left, stepping back right

COASTER STEP WITH SKATE, SKATE ¼ TURN WITH ROCK BALL CROSS, ½ HINGE TURN, ROCK STEP

- 1&2** Step back left, close right to left, skate forward left
- 3-4** Skate ¼ right rocking weight onto right, recover weight left

&5 Close right to left, cross left over right

6& Turn $\frac{1}{4}$ left stepping back right, turn $\frac{1}{4}$ left stepping side left

Restart here on walls 2 & 5 - see note

7-8 Step forward right, rock forward left

RECOVER, $\frac{1}{2}$ TURN, $\frac{3}{4}$ HINGE TURN

1-2 Recover weight onto right, make $\frac{1}{2}$ turn left stepping forward left

& Make $\frac{3}{4}$ hinge turn left closing right to left

REPEAT

RESTARTS:-

On wall 4, Restart after count 16

On walls 2 & 5, dance to count 30 and then shuffle forward right then start the dance again.

Last Update - 25th May 2017