

THE ONE AND ONLY

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** beginner/intermediate

Choreographer: M. Reilly

Music: The One And Only by Chesney Hawkes

RIGHT SIDE CHASSE, ROCK BACK, LEFT SIDE CHASSE, ROCK BACK

- 1&2** Step right to right side, step left next to right, step right to right side
- 3-4** Rock back on left, recover on right
- 5&6** Step left to left side, step right next to left, step left to left side
- 7-8** Rock back on right, recover on left

TURNING TOE STRUTS, ¼ TURN RIGHT, KICK BALL STEP, ROCK RECOVER

- 9-10** Step right toe right, bringing right heel down, slightly turning right
- 11-12** Step left toe right, bringing left heel down, slightly turning right to complete ¼ turn right
- 13&14** Kick right forward, step right toe behind left, step left beside right
- 15-16** Rock forward on right, recover on left

COASTER STEP, ROCK FORWARD, TOE STRUT BACK, TOE STRUT ¼ TURN

- 17&18** Step back on right, close left beside right, step right forward
- 19-20** Rock forward on left, recover on right
- 21-22** Step left toe back, bringing left heel down
- 23-24** Step right toe back, bringing right heel down, turning ¼ turn right

SWAY, SWAY, SIDE CHASSE, SAILOR STEP, SAILOR ¼ TURN

- 25-26** Sway hips left, then right
- 27&28** Step left to left side, step right next to left, step left to left side
- 29&30** Step right behind left, step left to left side, step right to right side
- 31&32** Step left behind right, step right to right side, turning ¼ turn left, step left to left side

REPEAT

TAG

Only done once, after the 3rd wall

Step on right, hold, then Elvis knees starting with left for 8 counts (or heel bounces if preferred)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=33332