

Your One and Only

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Count: 48

Wall: 4

Level: Intermediate Waltz

Choreographer: Ivonne Verhagen & Daniëlla Deckers

Music: "One and Only" by Adele (CD: 21)

Start after 24 count intro

CROSS, ¼ TURN LEFT, ½ TURN LEFT, SWEEP WITH ¼ TURN LEFT

1,2,3LF cross over, ¼ turn left RF step back, ½ turn left LF step forward

4,5,6¼ turn left sweeping RF from back to front

CROSS, BACK, SIDE, STEP FORWARD, SWEEP WITH ¼ TURN LEFT

1,2,3RF cross over, LF step back, RF step to right side

4,5,6LF step forward, ¼ turn left sweeping RF from back to front

STEP FORWARD, HOLD, STEP FORWARD, ½ TURN LEFT, ¼ TURN LEFT

1,2,3RF step forward, hold for two counts

4,5,6LF step forward, ½ turn left RF step back, ¼ turn left LF step to left side

STEP DIAGONAL, KICK FORWARD, BEHIND-SIDE-CROSS

1,2,3RF step forward on left diagonal, LF kick forward

4,5,6LF cross behind, RF step to right side, LF cross over

SWAY RIGHT, HOLD, FULL TURN LEFT

1,2,3RF big step to right side (sway hips), hold for two counts

4,5,6¼ turn left LF step forward, ½ turn left RF step back, ¼ turn left LF step to left side

CROSS, HOLD, ¼ TURN RIGHT, STEP BACK, HOLD

1,2,3RF cross over, hold for two counts

4,5,6¼ turn right LF step back, RF step back, hold (wrapp in)

STEP FORWARD, FULL TURN LEFT, SLOW PIVOT TURN LEFT

1,2,3LF step forward, $\frac{1}{2}$ turn left RF step back, $\frac{1}{2}$ turn left LF step forward

4,5,6RF step forward, $\frac{1}{2}$ turn left in two counts, weight ending on RF

WALK, SIDE ROCK, RIGHT TWINKLE

1,2,3LF step forward, RF rock to right side, weight back on LF

4,5,6RF cross over, LF step to left side, RF step to right side

Restarts: in walls 4 (3.00) and 10 (12.00)

Dance the first 9 counts, then hold for counts 10-12 and restart the dance.

Tag: After wall 16 (6.00). Repeat the last 6 counts of the dance and restart the dance.

Finish: Wall 19 ends on the 9.00 wall. Finish the dance with a $\frac{1}{4}$ turn right, stepping forward on LF

Feel the music and have fun!!

Contacts:

www.ivonneenco.eu - www.danielladeckers.nl -

<http://www.youtube.com/user/ivonneverhagen>

<http://www.youtube.com/user/dancingdaniella> - Ivonne.verhagen@planet.nl - Phone: 0031 (0) 615143696

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