

ONE AND ONLY

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Dee Musk

Music: Selfish (I Want U 2 Myself) by Fantasia & Missy Elliott

PRESS RECOVER, CROSS BACK BACK, WALK WALK, ½ TURN RIGHT BACK TOUCH

- 1-2** Press right out to right side, recover weight to left as you drag right in
- 3&4** Cross right over left, step slightly back on left, step slightly back on right
- 5-6** Walk forward left, walk forward right
- 7&8** Turning back make a ½ turn right stepping back on left, step back on right, touch left slightly in front of right

STEP FORWARD, ¼ TURN LEFT, ½ SAILOR TURN LEFT, CROSS SIDE HEEL, TOGETHER, CROSS HITCH, SIDE

- 1-2** Step forward on left, make a ¼ turn left stepping right to right side
- 3&4** Making a ½ sailor turn left, step left behind right, step right to right side, step slightly forward on left
- 5&6&** Cross right over left, step left to left side, touch right heel to right diagonal, step right beside left
- 7&8** Cross left over right, hitch right knee in, step a large step to right side while dragging left in beside right

LEFT MAMBO FORWARD, RIGHT MAMBO BACK, ¾ TRIPLE TURN LEFT, RIGHT MAMBO TOUCH BACK

- 1&2** Rock forward on left, recover weight to right, step slightly back on left
- 3&4** Rock back on right, recover weight to left, step slightly forward on right
- 5&6** Turning left, make a ¾ triple turn stepping left, right, left
- 7&8** Rock forward on right, recover weight to left, touch right toe back

¼ TURN RIGHT, TOGETHER SIDE, ¼ TURN LEFT, ¼ TURN LEFT, SAILOR ½ TURN LEFT, JAZZ JUMP FORWARD, HEEL LIFTS

- 1&2** Make a ¼ turn right step weight down on to right, step left beside right, step right to right side

- 3-4** Make a $\frac{1}{4}$ turn left step weight forward on to left, make a $\frac{1}{4}$ turn left stepping right to right side
- 5&6** Making a $\frac{1}{2}$ sailor turn left, step left behind right, step right to right side, step slightly forward on left
- &7&8** Jazz jump forward right then left, then lift both heels up then down (weight ends on left)

REPEAT