

ONE AND ONLY ONE

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Count: 56

Wall: 4

Level: intermediate

Choreographer: Ian & Michael Grey

Music: One And Only One by Paul Brandt

TOUCH, PAUSE, TOUCH, PAUSE. PENDULUM SWING, STEP

- 1-2** Touch left out to side, pause
- 3-4** Touch left back to place, pause
- 5&6** Touch left out to side, back to place while touching right out to side
- &7-8** Right back to place while touching left out to side, step left next to right

TOUCH, PAUSE, TOUCH, PAUSE. PENDULUM SWING, STEP

- 9-10** Touch right out to side, pause
- 11-12** Touch right back to place, pause
- 13&14** Touch right out to side, back to place while touching left out to side
- &15-16** Left back to place while touching right out to side, touch right next to left

TOUCH, PAUSE, SWITCH STEP, PAUSE. SWITCH STEP X 3, PAUSE

- 17-18** Touch right heel forward, pause
- &19-20** Right back to place while touching left heel forward, pause
- &21** Left back to place while touching right heel forward
- &22** Right back to place while touching left heel forward
- &23-24** Left back to place while touching right heel forward, pause

HIP BUMPS X 4. SHUFFLE, SCUFF, STEP WITH ½ TURN AND HITCH

- 25-26** Bump hips forward, (twice)
- 27-28** Bump hips back, (twice)
- 29&30** Step right forward, bring left up to right, step right forward
- 31-32** Scuff left, step right forward making half a turn right on ball of right foot and hitch left

ROCK BACK, FORWARD, SHUFFLE. STEP, PIVOT ½ TURN, STEP PIVOT ½ TURN

- 33-34** Rock back on left, rock forward on right
- 35-36** Step left forward, bring right up to left, step left forward

37-38 Step right forward, pivot half turn over left shoulder

39-40 Step right forward, pivot half turn over left shoulder

STEP, KICK, STEP, STEP. SWIVEL TOES & HEELS TWICE

41-42 Step right forward, kick left

43-44 Step left back, step right next to left

45-46 Swivel right toes to right and left heel to left, back to place

47-48 Swivel left toes to left and right heel to right, back to place

STEP, LOCK, STEP, STEP. JAZZ BOX WITH ¼ TURN

49-50 Step right forward, lock left behind right

51-52 Step right forward, step left next to right

53-54 Step right over left, step back on left

55-56 Step right making quarter turn over right shoulder, touch left next to right

REPEAT