

# One and Only

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**Count:** 96      **Wall:** 2      **Level:** Intermediate +

**Choreographer:** Lu Olsen (April 2015) Ver. 1.00

**Music:** One & Only / Adele - iTunes

## Start on vocals....on word 'MIND'

**1,2,3**      Step R fwd, Sweep L over R (2 counts)

**4,5,6**      Cross L over R, Step R to Right, Step L to Left

**1,2,3**      Cross R over L, Sweep/Touch L to Left, Hold

### **4,5,6(L Coaster) Step L back, Step R beside L, Step L fwd [12.00]**

**1,2,3**      Cross R over L, Step L to Left,  $\frac{1}{4}$  Right turn & step R slightly fwd [3.00]

**4,5,6**      Step L fwd, Full Right turn spin/dragging R toe (2 counts)

**1,2,3**      Step R to Right, Step L beside R, Step R to Right

### **4,5,6(L Sailor) Sweep/step L behind R, Step R to Right, Step L to Left**

**1,2,3**      Step R back, Sweep L into  $\frac{1}{4}$  Left turn (2 counts) [12.00]

**4,5,6**      Step L behind R, Step R to Right, Step L fwd,

### **1,2,3 $\frac{1}{2}$ Right fwd turning waltz stepping R, L, R back [6.00]**

**4,5,6**      Step L back,  $\frac{1}{4}$  Right turn & step R to Right, Cross L over R [9.00]

**1,2,3**      Step R to Right, Drag L towards R (2 counts)

### **4,5,6(1 $\frac{1}{4}$ Left turn L,R,L) $\frac{1}{4}$ Left turn & L fwd, $\frac{1}{2}$ Left turn & R back, $\frac{1}{2}$ Left turn & L fwd [6.00]**

**1,2,3**      Step R fwd, Step L beside R, Step R fwd

**4,5,6**      Rock L to Left, Replace onto R, Cross L over R [6.00]

**1,2,3**      Step R back at Right 45, Drag L to meet R (2 counts) \*\*

**4,5,6**      Angle body to face 5.00: Step L back at Left 45, Cross R over L, Step L back at L45 [5.00]

### **1,2,3(Straighten to 6.00) Step R back at R45, Drag L to meet R (2 counts) [6.00]**

### **4,5,6L Coaster: Step L back to Left, Step R beside L, Step L fwd ##**

**1,2,3**      Step R to Right at fwd 45, Hold, Hold

- 4,5,6** Replace weight onto Left, ½ Right hinge & step R slightly fwd, Step L beside R [12.00]
- 1,2,3** Step R to Right, Slide L into ¼ Left turn & step L beside R, Step R fwd [9.00]
- 4,5,6** Step L fwd, ½ left turn & step R back, ¼ Left turn & step L fwd [12.00]
- 1,2,3** Step R fwd, Sweep L toe from back to front, Touch L toe fwd [12.00]
- 4,5,6** Sweep L behind R, ¼ Right turn & R to Right, Step L fwd [3.00]
- 1,2,3** Step R fwd, Sweep L toe from back to touch front, Touch L toe fwd
- 4,5,6** Sweep L behind R, ¼ Right turn & R to Right, Step L fwd [6.00]
- 1,2,3** Step R fwd, ½ Right turn & Step L back, Step R back [12.00]
- 4,5,6** Step L back, Drag R (2 counts)
- 1,2,3** Step R back, ½ left turn & step L fwd, Step R back [6.00]
- 4,5,6** Step L back, Drag R, Hook R over L

**SHORT WALLS: Walls 2 & 5 dance to count 60 ## then start again**

**TAG: At end of WALL 8 - (facing 12.00 add 6 count TAG):**

- 1,2,3,** Step R fwd, Drag L towards R (2 counts),

**4,5,6L Coaster: Step L back, Step R beside L, Step L fwd**

**\*\*Dance ends on count 51 \*\* (facing 12.00)**

**Enjoy!**

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