

ONE & ONLY

LINEDANCE.COM

Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Kim Swann

Music: She's The Only One by Thrasher Shiver

SIDE, ROCK, RECOVER, RIGHT SIDE CHA, CROSS, RECOVER, LEFT CHA ¼ TURN LEFT

- 1-3** Step left foot to left side, rock back with right foot, recover forward to left foot
- 4&5** Step right foot to right side, step together with left, step right foot to right side
- 6-7** Rock left foot across right, recover to right foot
- 8&1** Step left foot to left side, step together with right step left foot forward ¼ turn left

RONDE, CROSS STEP, LOCKING TRIPLE BACK, ROCK, RECOVER, LOCKING TRIPLE FORWARD

- 2-3** Sweep right foot from back to front, step right foot across left
- 4&5** Step left foot back, cross right foot in front of left, step left foot back
- 6-7** Rock right foot back, recover to left foot
- 8&1** Step right foot forward, lock left foot behind right, step right foot forward

POINT, POINT, ¼ TURNING SAILOR, ROCK, RECOVER, COASTER STEP

- 2-3** Point left toe forward, point left toe to left side
- 4&5** Sweep left foot behind right turning ¼ turn left, step right foot to side, step left foot slightly forward
- 6-7** Rock forward on right foot, recover back on left foot
- 8&1** Step back on right foot, step left foot next to right foot, step forward on right foot

POINT, POINT, ¼ TURNING SAILOR, FORWARD LOCKING STEPS

- 2-3** Point left toe forward, point left toe to left side
- 4&5** Sweep left foot behind right turning ¼ turn left, step right foot to side, step left foot slightly forward
- 6&7&8** Step right foot forward, lock left foot behind right, step right foot forward, lock left foot behind right, step right foot forward

REPEAT

TAG

**For the Thrasher Shiver song only, there is a four count tag at the end of repetition 3 only.
Sway left, right, left, right and begin again.**

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=33325