

One and Only One

56 count, 4 wall, intermediate level

Choreographer: Ian & Michael Grey (UK) Mar 97

Choreographed to: One and Only One by Paul Brandt
(CD; Calm before The Storm)

	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 whilst touching right out to side.
&7-8	Right back to place whilst 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 whilst touching left out to side.
&15-16	Left back to place whilst 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 whilst touching left heel forward, pause.
&21	Left back to place whilst touching right heel forward.
&22	Right back to place whilst touching left heel forward.
&23-24	Left back to place whilst 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 x 2
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.

Begin again
