



Web site: www.linedancerweb.com

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The Only One

34 Count, 4 Wall, Intermediate

Choreographer: Glynn "Applejack" Rodgers (UK)

Choreographed to: The Only One by Lionel Richie

Section 1: Basic Nightclub, Side, Coaster Step, Pivot ½, Step, ¾ Hinge Turn

- 1-2& Step left to left side, rock back right, recover weight onto left
3-4&5 Step right to right side, step back left, close right to left, step forward left
6& Step forward right, pivot ½ turn left
7&8 Step forward right, make ½ turn right stepping back left, make ¼ turn right stepping side right

Section 2: Cross Rock, Vine ¼ Turn, Sweep, Jazz Box With Sway, Rock & Cross

- 1& Cross rock left over right, recover weight onto right
2&3 Step left to left side, cross right behind left, turn ¼ left stepping forward left, sweeping right out
4&5 Cross right over left, step back left, step right to right side swaying hips right
6-7&8 Sway hip left, rock right to right side, recover weight onto left, cross right over left

Restart Here On Wall 4

Section 3: Vine ¼, ½ Turn Sweep, Diagonal. Rock, Weave Left, Rock Back, ½ Turn

- 1&2 Step left to left side, cross right behind left, turn ¼ left stepping forward left, make further ½ turn left sweeping right leg round (in the same count)
3-4 Rock right out to right diagonal, recover weight onto left
5& Cross right behind left, step left to left side
6& Cross right over left, step left to left side
7&8 Rock back right, recover weight onto left, make ½ turn left, stepping back right

Section 4: Coaster Step With Skate, Skate ¼ Turn With Rock Ball Cross, ½ Hinge Turn, Rock Step

- 1&2 Step back left, close right to left, skate forward left
3-4 Skate ¼ right rocking weight onto right, recover weight left
&5 Close right to left, cross left over right
6& Turn ¼ left stepping back right, turn ¼ left stepping side left

Restart Here On Walls 2 & 5 – See Note

- 7-8 Step forward right, rock forward left

Section 5: Recover, ½ Turn, ¾ Hinge Turn

- 1-2 Recover weight onto right, make ½ turn left stepping forward left
& Make ¾ hinge turn left closing right to left

Repeat

- Restarts:** On Wall 4, Restart After Count 16.
On Walls 2 & 5, Dance To Count 30 And Then Shuffle Forward Right Then Start The Dance Again.