

The Only One

32 Count, 4 Wall, Improver

Choreographer: Dan Morrison (Can) March 2014

Choreographed to: The Only One by Bif Naked

Intro: 16 Counts, Start on Lyrics

R Shuffle, Rock-Recover, L Shuffle, Rock-Recover

- 1&2 Step R side R (1) Step L beside R (&) Step R side R (2)
3-4 Rock L behind R (3) Recover onto R (4)
5&6 Step L side L (5) Step R beside L (&) Step L side L (6)
7-8 Rock R behind L (7) Recover onto L (8)

R Shuffle, 1/2 Pivot, L Shuffle, 1/4 Pivot

- 1&2 Step R forward (1) Step L beside R (&) Step R forward (2)
3-4 Step L forward (3) 1/2 Pivot R, wt on R (4)
5&6 Step L forward (5) Step R beside L (&) Step L forward (6)
7-8 Step R forward (7) 1/4 Pivot L, wt on L (8)

RESTART: During Wall 4 (3 o'clock)

Samba, Cross, Side, 1/4 Sailor, Walk 2x

- 1&2 Step R forward (1) Step L side L (&) Step R forward (2)
3-4 Step L over R (3) Step R side R (4)
5&6 Step L behind R (5) 1/4 turn L, Step R beside L (&) Step L forward (6)
7-8 Step R forward (7) Step L forward (8)

1/4 Pivot- Cross, Side, Behind, Shuffle, Hitch-Ball-Cross

- 1&2 Step R forward (1) 1/4 Pivot L, wt on L (&) Step R over L (2)
3-4 Step L side L (3) Step R behind L (4)
5&6 Step L side L (5) Step R beside L (&) Step L side L (6)
7&8 Hitch R knee across L (7) Step R side R (&) Step L over R (8)

RESTART: During Wall 4 (3 o'clock), dance first 16 Counts, add a R Hitch (&) then start again.

HAVE FUN AND ENJOY