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Email: admin@linedancerweb.com

Your One & Only

INTERMEDIATE

48 Count 4 Walls

Choreographed by: Danella Deckers & Ivonne Verhagen Choreographed to: One And Only by Adele

CROSS, 1/4 TURN LEFT, 1/2 TURN LEFT, SWEEP WITH 1/4 TURN LEFT 1(1-6)LF cross over, 1/4 turn left RF step back, 1/2 turn left LF step forward 1 - 3 4 - 6 1/4 turn left sweeping RF from back to front CROSS, BACK, SIDE, STEP FORWARD, SWEEP WITH 1/4 TURN LEFT 2 (7 - 12) 1 - 3 RF cross over, LF step back, RF step to right side 4 - 6 LF step forward, 1/4 turn left sweeping RF from back to front STEP FORWARD, HOLD, STEP FORWARD, 1/2 TURN LEFT, 1/4 TURN LEFT 3 (13 - 18) 1 - 3 RF step forward, hold for two counts 4 - 6 LF step forward, 1/2 turn left RF step back, 1/4 turn left LF step to left side STEP DIAGONAL, KICK FORWARD, BEHIND-SIDE-CROSS 4 (19 - 24) RF step forward on left diagonal, LF kick forward 1 - 3 LF cross behind, RF step to right side, LF cross over 4 - 6 SWAY RIGHT, HOLD, FULL TURN LEFT 5 (25 - 30) 1 - 3 RF big step to right side (sway hips), hold for two counts 4 - 6 1/4 turn left LF step forward, 1/2 turn left RF step back, 1/4 turn left LF step to left side CROSS, HOLD, 1/4 TURN RIGHT, STEP BACK, HOLD 6(31 - 36)1 - 3 RF cross over, hold for two counts 4 - 6 1/4 turn right LF step back, RF step back, hold (wrapp in) STEP FORWARD, FULL TURN LEFT, SLOW PIVOT TURN LEFT 7 (37 - 42) LF step forward, 1/2 turn left RF step back, 1/2 turn left LF step forward 1 - 3 4 - 6 RF step forward, 1/2 turn left in two counts, weight ending on RF WALK, SIDE ROCK, RIGHT TWINKLE 8 (43 - 48) 1 - 3 LF step forward, RF rock to right side, weight back on LF RF cross over, LF step to left side, RF step to right side 4 - 6 Tags/Restarts After wall 3 (3.00) and 8 (6.00) Dance the First 9 counts then hold for 3 counts and restart the Dance After wall 14 (6.00)

http://www.youtube.com/user/ivonneverhagen

Repeat the last 6 counts of the dance and restart the dance

Ivonne.verhagen@planet.nl Phone 0031 (0) 61514 3696

Feel the music and have fun!!

www.ivonneenco.eu