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E-mail: admin@linedancerweb.com

Only One

32 Count, 4 Wall, Intermediate

Choreographer: Amy Glass (USA) Nov 2016

Choreographed to: There's Only One Of You by Nathan Sykes

Track: 3:55m

16 count intro; starts on lyrics, 2 restarts after 16 counts on walls 2 & 6

Section 1 Walk x2, Anchor with Sweep, Behind, Side, Cross, Side, Together, Cross

1-2 Walk forward R, L
3&4 Step RF to L instep, Step LF in place, Step RF in place while sweeping LF front to back
5&6 Step LF behind RF, RF to R, Cross LF over RF
&7-8 Step RF to R, Close LF next to RF, Cross RF over LF

Section 2 Rolling Full Turn L, Side Rock Cross, Rolling Full Turn R, Step Drag Opening Up ¼ L

1-2 Step back on LF turning ¼ L, Forward RF turning ¾ L (12:00)
3&4 Rock LF to L, Recover weight on RF, Cross LF over RF
5-6 Step back on RF turning ¼ R, Forward on LF turning ¾ R (12:00)
7-8& Big Step RF to R, Drag LF to RF touching LF next to RF, opening up to ¼ L (9:00),
Place weight on LF

Section 3 Slow Skate, Shuffle to R Diagonal, Press, Drag, Step Pivot ½

1-2 Slowly skate to R diagonal ending with weight R (10:30)
3&4 Shuffle forward to L diagonal (L, R, L) (7:30)
5-6 Press R foot forward (to diagonal), Drag LF back (7:30)
7-8 Step LF forward, Pivot ½ R (1:30)

Section 4 Rock Recover, Behind, Side, Cross, Kick with Rise, Run x2, Rocking Chair

1-2 Rock LF to L, Recover weight to RF squaring up to 3:00 wall
3&4 Cross LF behind RF, Step RF to R, Cross LF over RF
5&6 Kick RF forward (rise up on LF toes), Run forward on RF (dropping back to center), Forward L
7&8& Rock forward on RF, Recover on LF, Rock back on RF, Recover on LF

Restarts: Walls 2 & 6 after 16 counts (return to 12:00 to start wall 3 and 6:00 to start wall 7)

Ending: Dance ends after 16 counts, so under rotate for the last full turn facing the 9:00 wall so that the dance will end with the step drag to the front

Have fun!