

Only One

Count: 48

Wand: 4

Ebene: Easy Intermediate

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Musik: Only One - Clay Aery



Intro: 32 counts – Start on the word ‘ONE’

Section 1: SIDE ROCK, RECOVER, SIDE SHUFFLE ¼, PIVOT ½, KICK BALL CHANGE

- 1, 2 Rock R to R, recover weight L as you flick R behind L
- 3&4 Step R to R, step L together, ¼ R step R fwd (3.00)
- 5, 6 Step L fwd, ½ R on ball of L foot taking weight R (pivot) (9.00)
- 7&8 Kick L fwd, step on ball of L foot together, step R together

Section 2: STEP, TOUCH, BALL CHANGE, SCUFF, SHUFFLE FWD, ROCK RECOVER

- 1, 2 Step L fwd, touch R together
- &3, 4 Step R slightly back, step L fwd, scuff R fwd
- 5&6 Step R fwd, step L together, step R fwd
- 7, 8 Rock L fwd, recover weight R

Section 3: BACK, DRAG, BALL CROSS SHUFFLE, ¼ VINE R, STEP, ½ FWD

- 1, 2 Big step L back, drag R towards
- &3&4 Step R together, cross L over R, step R slightly to R, cross step L over R
- 5, 6, 7 Step R to R, step L behind R, ¼ R step R fwd (12.00)
- &8 Step L slightly fwd, ½ R step R fwd (6.00)

Section 4: ½ R WALK BACK X3, ½ R STEP FWD, ¼ SIDE SHUFFLE, ROCK, RECOVER

- 1, 2 ½ R walk back L, walk back R (12.00)
- 3, 4 Walk back L, ½ R step fwd R (6.00)
- 5&6 ¼ R step L to L, step R together, step L to L (9.00)
- 7, 8 Rock R behind L, recover weight L

Section 5: R FIGURE 8

- 1, 2, 3 Step R to R, step L behind R, ¼ R step R fwd (12.00)
- 4, 5 Step L fwd, ½ R on ball of L foot taking weight R (6.00)
- 6, 7, 8 ¼ R step L to L, step R behind L, ¼ L step L fwd (6.00)

Section 6: PIVOT ½, 2 TURNING ½ SHUFFLES, ¾ PIVOT

- 1, 2 Step R fwd, ½ L on ball of R foot taking weight L (12.00)
- 3&4 ¼ L step R to R, step L together, ¼ L step R back (6.00)
- 5&6 ¼ L step L to L, step R together, ¼ L step L fwd (12.00)
- 7, 8 Step R fwd, ¾ L on ball of R foot taking weight L (3.00)

[48]

Restarts: Wall 3, Dance to count 7, in section 3 (count 23): Step L together on count 24

Wall 6: Dance to count 8, in section 5 (count 40)

Both restarts happen to the back wall

Finish: On Last wall Dance to count 24, replacing the “& ½” with a “& ¼” to front.

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