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| My One and Only One |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Absolute Beginner | . |
| **Choreographer:** | Larry Bass (USA) - April 2022 | | | | |
| **Music:** | You Are The Only One - Ricky Nelson | | | | |
| . | | | | | | |

**RUMBA BOX FORWARD, TOUCH; RUMBA BOX BACK, TOUCH**

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| 1-4 | Step R to right; Step L beside R; Step R forward; Touch L beside R |

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| --- | --- |
| 5-8 | Step L to left; Step R beside L; Step L back; Touch R beside L |

**SIDE, TOGETHER, SIDE, HOLD; CROSSOVER ROCK STEP, SIDE, HOLD**

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| --- | --- |
| 1-4 | Step R to right; Step L beside R; Step R to right; Hold |

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| --- | --- |
| 5-8 | Rock L across R; Recover back to R; Step L to left; Hold |

**CROSS, SIDE, BEHIND, SWEEP; BEHIND, SIDE, CROSS, SWEEP**

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| --- | --- |
| 1-4 | Step R across; Step L to left; Step R behind L; Sweep L from front to back |

|  |  |
| --- | --- |
| 5-8 | Step L behind R; Step R to right; Step L across R; Sweep R from back to front |

**CROSS, BACK, ¼ TURN STEP, SIDE, SWEEP; CROSS, BACK, SIDE, TOUCH**

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| 1-4 | Step R across L; Step L back; Make a ¼ turn right & step R to right (3:00); Sweep L over R |

|  |  |
| --- | --- |
| 5-8 | Step L across R; Step R back; Step L to left; Touch R beside L |

**Begin Again**

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