

My One and Only One

COPPER KNOB
STEPSHEETS

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

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

1-4 Step R to right; Step L beside R; Step R to right; Hold
5-8 Rock L across R; Recover back to R; Step L to left; Hold

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

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

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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