Count: 96
Wall: 2
Level: Intermediate +
Choreographer: Lu Olsen (AUS) - April 2015
Music: One and Only - Adele : (iTunes)

Start on vocals....on word 'MIND'
1,2,3 Step R fwd, Sweep L over R (2 counts)
4,5,6 Cross L over R, Step R to Right, Step L to Left
1,2,3 Cross R over L, Sweep/Touch L to Left, Hold
4,5,6 (L Coaster) Step L back, Step R beside L, Step L fwd [12.00]
1,2,3 Cross R over L, Step L to Left, $1 / 4$ Right turn \& step R slightly fwd [3.00]
4,5,6 Step L fwd, Full Right turn spin/dragging $R$ toe (2 counts)
1,2,3 Step R to Right, Step L beside R, Step R to Right
4,5,6 (L Sailor) Sweep/step L behind R, Step R to Right, Step L to Left
1,2,3 Step R back, Sweep L into $1 / 4$ Left turn (2 counts) $\square$ [12.00]
4,5,6 Step L behind R, Step R to Right, Step L fwd,
$1,2,3 \quad 1 / 2$ Right fwd turning waltz stepping $R, L, R$ back $\square$ [6.00]
4,5,6 Step L back, $1 / 4$ Right turn \& step R to Right, Cross L over R $\square$ [9.00]
1,2,3 Step R to Right, Drag L towards R (2 counts)
$4,5,6 \quad(11 / 4$ Left turn $L, R, L) 1 / 4$ Left turn \& $L$ fwd, $1 / 2$ Left turn \& $R$ back, $1 / 2$ Left turn \& $L$ fwd [6.00]
1,2,3 Step $R$ fwd, Step $L$ beside R, Step $R$ fwd
4,5,6 Rock L to Left, Replace onto R, Cross L over R [6.00]
1,2,3 Step R back at Right 45, Drag $L$ to meet $R(2$ counts) **
4,5,6 Angle body to face 5.00: Step L back at Left 45, Cross R over L, Step L back at L45 [5.00]
1,2,3 (Straighten to 6.00) Step $R$ back at R45, Drag $L$ to meet $R$ (2 counts) [6.00]
4,5,6 L Coaster: Step L back to Left, Step R beside L, Step L fwd \#\#
1,2,3 Step R to Right at fwd 45, Hold, Hold
4,5,6 Replace weight onto Left, $1 / 2$ Right hinge \& step R slightly fwd, Step L beside R [12.00]
$1,2,3 \quad$ Step $R$ to Right, Slide $L$ into $1 / 4$ Left turn \& step $L$ beside $R$, Step $R$ fwd $\square[9.00$ ]
4,5,6 Step L fwd, $1 / 2$ left turn \& step R back, $1 / 4$ Left turn \& step L fwd [12.00]
1,2,3 Step R fwd, Sweep $L$ toe from back to front, Touch $L$ toe fwd $\square$ [12.00]
4,5,6 Sweep L behind R, $1 / 4$ Right turn \& R to Right, Step L fwd [3.00]
1,2,3 Step $R$ fwd, Sweep $L$ toe from back to touch front, Touch $L$ toe fwd
4,5,6 Sweep L behind R, $1 / 4$ Right turn \& R to Right, Step L fwd [6.00]
1,2,3 Step R fwd, $1 / 2$ Right turn \& Step L back, Step R back $\square$ [12.00]
4,5,6 Step L back, Drag R (2 counts)
1,2,3 Step $R$ back, $1 / 2$ left turn \& step $L$ fwd, Step $R$ back [6.00]
4,5,6 Step L back, Drag R, Hook R over L
SHORT WALLS: Walls 2 \& 5 dance to count 60 \#\# then start again
TAG: At end of WALL 8 - (facing 12.00 add 6 count TAG):
1,2,3, $\quad$ Step R fwd, Drag L towards R (2 counts),
4,5,6 L Coaster: Step L back, Step R beside L, Step L fwd
**Dance ends on count 51 ** (facing 12.00)
Enjoy!
Contact: Lu Olsen: 0397351219 (h), Mob: 0438735122 - Email: luolsen@bigpond.net.au - web: borderlinedancers.com

