

Only One

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Amy Glass (USA) - November 2016

Music: There's Only One of You - Nathan Sykes : (iTunes, amazon)



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

[1-8] □ 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

[9-16] □ Rolling Full Turn R, Side Rock Cross, Rolling Full Turn L, Step Drag Opening Up ¼ L

- 1-2 Step back on LF turning ¼ R, Forward RF turning ¾ R (12:00)
- 3&4 Rock LF to L, Recover weight on RF, Cross LF over RF
- 5-6 Step back on RF turning ¼ L, Forward on LF turning ¾ L (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

[17-24] □ 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)

[25-32] □ 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!

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Last Update – 8th Dec 2016