

One and Only

Count: 32

Wall: 4

Level: Improver

Choreographer: Kim Fizer (USA)

Music: She's the Only One - Thrasher & Shiver



SIDE, ROCK, RECOVER, RIGHT SIDE CHA, CROSS, RECOVER, LEFT CHA ¼ TURN LEFT

- 1-3 Step left foot to left side, rock back with right foot, recover forward to left foot
- 4&5 Step right foot to right side, step together with left, step right foot to right side
- 6-7 Rock left foot across right, recover to right foot
- 8&1 Step left foot to left side, step together with right step left foot forward ¼ turn left

RONDE, CROSS STEP, LOCKING TRIPLE BACK, ROCK, RECOVER, LOCKING TRIPLE FORWARD

- 2-3 Sweep right foot from back to front, step right foot across left
- 4&5 Step left foot back, cross right foot in front of left, step left foot back
- 6-7 Rock right foot back, recover to left foot
- 8&1 Step right foot forward, lock left foot behind right, step right foot forward

POINT, POINT, ¼ TURNING SAILOR, ROCK, RECOVER, COASTER STEP

- 2-3 Point left toe forward, point left toe to left side
- 4&5 Sweep left foot behind right turning ¼ turn left, step right foot to side, step left foot slightly forward
- 6-7 Rock forward on right foot, recover back on left foot
- 8&1 Step back on right foot, step left foot next to right foot, step forward on right foot

POINT, POINT, ¼ TURNING SAILOR, FORWARD LOCKING STEPS

- 2-3 Point left toe forward, point left toe to left side
- 4&5 Sweep left foot behind right turning ¼ turn left, step right foot to side, step left foot slightly forward
- 6&7&8 Step right foot forward, lock left foot behind right, step right foot forward, lock left foot behind right, step right foot forward

REPEAT

TAG

For the Thrasher Shiver song only, there is a four count tag at the end of repetition 3 only. Sway left, right, left, right and begin again.

Last Update: 27 Apr 2025