

One And Only

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Chris Peel (UK)

Music: One And Only Lover - Heather Myles



Allow 4 bars intro

SIDE STEP, TOUCH (RIGHT, THEN LEFT), BACK, FORWARD, FORWARD, BACK

- 1-4 Side step right, touch left beside right, side step left, touch right beside left
5-8 Step right back, rock weight forward onto left, step right forward, rock weight back onto left

RIGHT VINE, TOUCH, FORWARD, BACK, ¼ TURN LEFT, TOUCH

- 9-12 Side step right, step left behind right, side step right, touch left beside
13-16 Step left forward, rock weight back onto right, step ¼ turn left, touch right next to left

HEEL, TOGETHER, TOE, TOGETHER, POINT, TOGETHER, POINT, TOUCH

- 17-20 Touch right heel forward, step right beside left, touch left toe back, step left beside right
21-24 Point right to side, step right beside left, point left to side, touch left beside right

HEEL, TOGETHER, TOE, TOGETHER, POINT, TOGETHER, POINT, TOUCH

- 25-28 Touch left heel forward, step left beside right, touch right toe back, step right beside left
29-32 Point left to side, step left beside right, point right to side, touch right beside left

Observe slowing down during beats 25-32 on Wall 8 (facing Home at that particular point) and resume start of dance with the new verse

REPEAT

OPTIONAL ENDING

Track ends on beat 21 during wall 11. Dance up to beat 19 as scripted, then step back ¼ turn left (beat 20), stomp right beside left (beat 21) to face home and hold