

One And Only One

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Matt Jenkins (UK)

Musique: One and Only One - Paul Brandt



RIGHT SHUFFLE FORWARD, LEFT TOE STRUT TWICE

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|-----|--------------------------------------------|
| 1&2 | Right shuffle forward (right, left, right) |
| 3-4 | Left toe strut |
| 5&6 | Right shuffle forward (right, left, right) |
| 7-8 | Left toe strut |

DIAGONAL STEP SLIDES BACK WITH CLAPS

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|-------|-------------------------------------------------------------|
| 9-10 | Step diagonally back on left, slide right together and clap |
| 11-12 | Step diagonally back on right, slide left together and clap |
| 13-14 | Step diagonally back on left, slide right together and clap |
| 15-16 | Step diagonally back on right, slide left together and clap |

SYNCOPATED CROSS STEPS WITH CLAPS, STEP ½ TURN

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|-------|---------------------------------------------------------|
| 17&18 | Rock onto left, & step onto right, cross left in front |
| 19 | Clap |
| 20&21 | Rock onto right, & step onto left, cross right in front |
| 22 | Clap |
| 23-24 | Step left slightly forward ½ turn |

WALK FORWARD RIGHT, LEFT, REPEAT 17-24, STEP RIGHT ½ TURN, JUMP, JUMP

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|-------|------------------------------------|
| 25-26 | Walk forward on right, left |
| 27-32 | Repeat 17-24 |
| 33& | Step right slightly forward ½ turn |
| 34& | Jump forward on both feet twice |

On 34&, walk forward right, left, if you don't want to jump

REPEAT
