

# One And Only

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Dee Musk (UK)  
音乐: Selfish (I Want U 2 Myself) - Fantasia & Missy Elliott



## **PRESS RECOVER, CROSS BACK BACK, WALK WALK, ½ TURN RIGHT BACK TOUCH**

- 1-2      Press right out to right side, recover weight to left as you drag right in
- 3&4      Cross right over left, step slightly back on left, step slightly back on right
- 5-6      Walk forward left, walk forward right
- 7&8      Turning back make a ½ turn right stepping back on left, step back on right, touch left slightly in front of right

## **STEP FORWARD, ¼ TURN LEFT, ½ SAILOR TURN LEFT, CROSS SIDE HEEL, TOGETHER, CROSS HITCH, SIDE**

- 1-2      Step forward on left, make a ¼ turn left stepping right to right side
- 3&4      Making a ½ sailor turn left, step left behind right, step right to right side, step slightly forward on left
- 5&6&      Cross right over left, step left to left side, touch right heel to right diagonal, step right beside left
- 7&8      Cross left over right, hitch right knee in, step a large step to right side while dragging left in beside right

## **LEFT MAMBO FORWARD, RIGHT MAMBO BACK, ¾ TRIPLE TURN LEFT, RIGHT MAMBO TOUCH BACK**

- 1&2      Rock forward on left, recover weight to right, step slightly back on left
- 3&4      Rock back on right, recover weight to left, step slightly forward on right
- 5&6      Turning left, make a ¾ triple turn stepping left, right, left
- 7&8      Rock forward on right, recover weight to left, touch right toe back

## **¼ TURN RIGHT, TOGETHER SIDE, ¼ TURN LEFT, ¼ TURN LEFT, SAILOR ½ TURN LEFT, JAZZ JUMP FORWARD, HEEL LIFTS**

- 1&2      Make a ¼ turn right step weight down on to right, step left beside right, step right to right side
- 3-4      Make a ¼ turn left step weight forward on to left, make a ¼ turn left stepping right to right side
- 5&6      Making a ½ sailor turn left, step left behind right, step right to right side, step slightly forward on left
- &7&8      Jazz jump forward right then left, then lift both heels up then down (weight ends on left)

## **REPEAT**