

# One and Only

拍數: 32      牆數: 4      級數: Improver  
編舞者: Kim Fizer (USA)  
音樂: 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.

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