

Your One and Only

Count: 48

Wall: 4

Level: Intermediate Waltz

Choreographer: Ivonne Verhagen (NL) & Daniëlla Deckers (NL)

Music: One and Only - Adele : (CD: 21)

Start after 24 count intro

CROSS, ¼ TURN LEFT, ½ TURN LEFT, SWEEP WITH ¼ TURN LEFT

1,2,3 LF cross over, ¼ turn left RF step back, ½ turn left LF step forward
4,5,6 ¼ turn left sweeping RF from back to front

CROSS, BACK, SIDE, STEP FORWARD, SWEEP WITH ¼ TURN LEFT

1,2,3 RF cross over, LF step back, RF step to right side
4,5,6 LF step forward, ¼ turn left sweeping RF from back to front

STEP FORWARD, HOLD, STEP FORWARD, ½ TURN LEFT, ¼ TURN LEFT

1,2,3 RF step forward, hold for two counts
4,5,6 LF step forward, ½ turn left RF step back, ¼ turn left LF step to left side

STEP DIAGONAL, KICK FORWARD, BEHIND-SIDE-CROSS

1,2,3 RF step forward on left diagonal, LF kick forward
4,5,6 LF cross behind, RF step to right side, LF cross over

SWAY RIGHT, HOLD, FULL TURN LEFT

1,2,3 RF big step to right side (sway hips), hold for two counts
4,5,6 ¼ turn left LF step forward, ½ turn left RF step back, ¼ turn left LF step to left side

CROSS, HOLD, ¼ TURN RIGHT, STEP BACK, HOLD

1,2,3 RF cross over, hold for two counts
4,5,6 ¼ turn right LF step back, RF step back, hold (wrap in)

STEP FORWARD, FULL TURN LEFT, SLOW PIVOT TURN LEFT

1,2,3 LF step forward, ½ turn left RF step back, ½ turn left LF step forward
4,5,6 RF step forward, ½ turn left in two counts, weight ending on RF

WALK, SIDE ROCK, RIGHT TWINKLE

1,2,3 LF step forward, RF rock to right side, weight back on LF
4,5,6 RF cross over, LF step to left side, RF step to right side

Restarts: in walls 4 (3.00) and 10 (12.00)

Dance the first 9 counts, then hold for counts 10-12 and restart the dance.

Tag: After wall 16 (6.00). Repeat the last 6 counts of the dance and restart the dance.

Finish: Wall 19 ends on the 9.00 wall. Finish the dance with a ¼ turn right, stepping forward on LF

Feel the music and have fun!!

Contacts:

www.ivonneenco.eu - www.danielladeckers.nl - <http://www.youtube.com/user/ivonneverhagen>

<http://www.youtube.com/user/dancingdaniella> - ivonne.verhagen@planet.nl - Phone: 0031 (0) 615143696

Revised on site - 26th May 2011