

# One Night Only

32 Count, 4 Wall, Beginner Level.

Choreographed by: Mathew Sinyard (UK)

Music: One Night Only (Disco Version) – Beyoncé, Anika Noni Rose, Sharon Leal.

Intro: 16 Counts from main beat  
(Approx.32 seconds).



## Section 1 Weave Left Point, Weave Right Point.

- 1 – 4 Cross right foot in front of left, step left foot to left side, cross right foot behind left, point left foot to left side.
- 5 – 8 Cross left foot in front of right, step right foot to right side, cross left foot behind right, point right foot to right side.

## Section 2 Cross Point, Cross Point, Jazz Box ¼ Right Cross.

- 1 – 4 Cross right foot in front of left, point left foot to left side, Cross left foot in front of right, point right foot to right side.
- 5 – 8 Cross right foot in front of left, make ¼ right stepping back on left foot, step right foot to right side, cross left foot in front of right.

## Section 3 Side Toe Strut, Rock Back, Recover, Side Toe Strut, Rock Back, Recover.

- 1 – 4 Step right toe to right side, step down on to right foot, rock left foot behind right, recover on to right foot.
- 5 – 8 Step left toe to left side, step down on to left foot, rock right foot behind left, recover on to left foot.

## Section 4 Rocking Chair, Walk ½ Turn Left.

- 1 – 4 Rock forward on right foot, recover on to left, rock back on right foot, recover on to left.
- 5 – 8 Walk a ½ turn left (like a semi-circle) stepping right, left, right, left.

Enjoy X.



Email: - [mat@inlinewedance.co.uk](mailto:mat@inlinewedance.co.uk) Website:- [inlinewedance.co.uk](http://inlinewedance.co.uk)



LinedancerCOPPER KNOB

ELD

VineRight

Line Dancing World (LDW)