

# Your One and Only

Choreographed by Ivonne Verhagen & Daniëlla Deckers  
48 count, 4 wall, Intermediate level line dance (waltz)  
Music : "One and Only" by 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 (wrapp 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

### **Tags/Restarts**

*After wall 3 (3.00) and 8 (6.00)*

*Dance the First 9 counts then hold for 3 counts and restart the Dance*

*After wall 14 (6.00)*

*Repeat the last 6 counts of the dance and restart the dance*

### **Finish:**

**Wall 17 ends on the 9.00 wall. Finish the dance with a ¼ turn right, stepping forward on LF**

Feel the music and have fun!!

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