

THE ONE & ONLY

Choreographer: Alan G. Birchall

Level: Intermediate/Advanced

Dance: Two Wall

Steps/Count: 64

Music: Right Now 2004 – Atomic Kitten **CD:** Greatest Hits

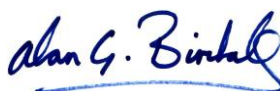
Or CD Single – Someone Like Me (**Track 2**) **BPM:** 128

Start: On Vocals – 32 Counts, 16Secs

Alternatives: Let Me Roll – Seal **CD:** Seal IV **BPM:** 100 **Start:** On Vocals – 32 Counts – 19Secs

The Right Thing – Simply Red **CD:** The Best Of **BPM:** 105 **Start:** On Vocals – 32 Counts – 20 Secs

Liberty X – Got To Have Your Love **BPM:** 110 **Start:** On Vocals



STEPS

SIDE, BEHIND, ¼ HEEL, ½ HEEL, ¼ TURN, FULL TURN (Or Alternative)

1-2 Step Right To Right, Cross Left Behind Right

&3 Step Right To Right, Making ¼ Turn Left Touch Left Heel Forward

&4 Step Left By Right Making ½ Turn Right Touch Right Heel Forward (3 '0' Clock)

&5 Step Right By Left Making ¼ Turn Right, Step Left To Left (6 '0' Clock)

6 Step Right To Right Making ¼ Turn Right (9 '0' Clock)

7 Making ½ Turn Right Step Back on Left (3 '0' Clock)

8 Making ¼ Turn Right Step Right To Right 6 '0' Clock)

Note Alternative For Full Turn (6,7,8): Step Right To Right, Cross Left Over Right, Step Right To Right

CROSS TOUCH, TOUCH, SAILOR STEP, TOUCH TURNS, ½ RONDE TURN

9 Cross Touch Left Over Right (*Move Left Hand ONLY Following Leg Movement -Option Click Fingers*)

10 Touch Left To Left (*Move Left Hand ONLY Following Leg Movement -Option Click Fingers*)

11&12 Cross Left Behind Right, Step Right To Right, Step Left By Right

13-14 Touch Right Over Left, Making ¼ Turn Right, Touch Right Forward (9 '0' Clock *Move Right Hand ONLY Following Leg Movement -Option Click Fingers*)

15 Make ¼ Turn Right Stepping Right Forward (Weight On Right - 12 '0' Clock *Move Right Hand ONLY Following Leg Movement - Option Click Fingers*)

16 Sweep Left Around In Front Of Right Whilst Making ½ Turn Right Weight Ends On Left (6 '0' Clock)

HIP BUMPS, WALK, TOUCH, HEEL SPLITS, WALK

17-18 Bump Hips Back Back

19-20 Walk Forward Right, Left (Facing 6 '0' Clock)

21&22 Touch Right Toe Forward, Split Heels Apart, Bring Heels Together

23-24 Walk Forward Right, Left

TOUCH FORWARD, STEP BACK, COASTER STEP, KICK, OUT, OUT, UPPER BODY ROCK

25-26 Touch Right Toe Forward (Angling Body Back), Step Back On Right (Bringing Body Upright)

27&28 Step Back On Left, Step Right By Left, Step Forward On Left

29&30 Kick Right Foot Forward, Step Right To Right, Step Left To Left (Feet Shoulder Width Apart)

31-32 Move Upper Body To Right, Then Back To Centre - **NOT A Body Roll** (Both Arms Should Be As If Holding The Sides Of A Box – Robot Like To Front)

FORWARD SHUFFLE x 2, ROCK, RECOVER, ½ TURN, FULL TRIPLE TURN

33&34 Step Forward On Right, Step Left By Right, Step Forward On Right

35&36 Step Forward On Left, Step Right By Left, Step Forward On Left

37-38 Rock Forward on Right, Recover On Left

39 Make ½ Turn Right Stepping Forward On Right (12 '0' Clock)

40&41 Full Triple Turn Right Stepping Left, Right, Left (12 '0' Clock)

Note: Alternative For Triple Turn – Left Shuffle Forward

TAP, STEP BACK, COASTER STEP, LOCK STEP, FULL TURN Or Alternative

42 Tap Right Behind Left

43 Step Back On Right

44&45 Step Back On Left, Step Right By Left, Step Forward On Left

46&47 Step Forward On Right, Lock Left Behind Right, Step Forward On Right

48-49 Making ½ Turn Right Step Back On Left, Making ½ Turn Right Step Forward On Right (12 '0' Clock)

Note: Alternative For Full Turn Walk Forward Left, Right

¼ PADDLE TURNS, CROSS, SIDE, BEHIND, SIDE, CROSS

&50 Make ¼ Turn Right, Touch Left To Left Side, (3 '0' Clock)

&51 Make ¼ Turn Right, Touch Left To Left Side (6 '0' Clock)

&52 Make ¼ Turn Right, Touch Left Out To Left Side (9 '0' Clock)

53-54 Cross Left Over Right, Step Right To Right

55&56 Cross Left Behind Right, Step Right To Right, Cross Left Over Right

TOUCH ¼ TURN KICK, COASTER STEP, ROCK, RECOVER, 1½ TRIPLE TURN

57-58 Touch Right Toe To Left Instep, Making ¼ Turn Right Kick Right Foot Forward (12 '0' Clock)

59&60 Step Back On Right, Step Left By Right, Step Forward On Right

61-62 Rock Forward On Left, Recover On Right

63&64 1½ Triple Turn LEFT (Backwards) Stepping Left, Right, Left (6 '0' Clock)

Note: Alternative For Triple Turn – ½ Triple Turn Left

START AGAIN

Note: On the 7th repetition the dance finish's at steps 59&60. Facing the front wall.