

THE ONLY ONE

Count: 64 Wall: 3 Level: Intermediate.

Choreographer: Glenda Silver (Feb 2017).

Music: Am I The Only One (3.10 min), Dierks Bentley.

Album: Home (available I-Tunes).

Tag: Wall 2; Restart: Wall 5. Intro: 32 count.

Right 45 & left 45. Swivet Right & Swivet Left

1234 Step R heel to 45deg R, step right beside left. Step Left heel to 45deg L, step left beside right.

5678 Feet centred, weight on R heel, weight on ball of L foot. Turn both feet R ¼ turn so they are parallel centre and do same to the left, reversing weight change. (a.k.a. bronco twist)

Monterey Right (full turn)

1 - 8 Touch R toe to the side, turn 180 deg to the right, step R tog, touch L toe to the side, Step L tog, take weight onto L. Repeat.

Lock Step Right. Scuff. Lock Step Left. Scuff.

1234 Step R forward, place L behind R (lock), forward onto R, scuff L.

5678 Step L Forward, place R behind L (lock), forward onto L, scuff R.

Frieze Right. Frieze Left.

1234 Step R to side, L behind R, R to the side, touch L beside R.

5678 Step L to side, R behind L, L to the side, touch R beside L.

2 x ¼ paddles Left.

1234 Step R fwd hold, ¼ turn L hold,

5678 Step fwd R hold, ¼ turn L hold.(weight on L).

Cross side Right heel, cross side Left heel.

1234 Cross R over L, Left to side with R 45 deg heel, step R tog, (weight ending on R).

5678 Cross L over R, Right to side with L 45 deg heel, step L together (weight ending on L)

Double heel & toe. Single heel & toe. Side touch. flick & turn

1234 R heel fwd twice, R toe back twice,

5678 Single R heel fwd, Single R toe back, Touch R toe to right side, flick behind knee as you turn ¼ L.

Frieze Right. Frieze Left.

1234 Step side R, behind with L, side R touch L beside R.

5678 Step side L, behind with R, side L touch R beside L

Tag: End of Wall 2.(facing 6.00).

1 2,3 4,5 6- Fwd R (1) ¼ paddle L (2), repeat for beats 3 4, 5 6.Gives you a ¾ turn L . Restart.

Wall 5: Dance to count 40 (2 ¼ paddles L). Restart.(facing 9.00)

Finish: Wall 8 facing (3.00) dance to count 40 (2 x ¼ paddles L), ¼ Monterey R, finishing at the front.

**Glenda Silver – Footloose Linedancers Gunnedah
Mobile 0427927019. Email: mg.silver @bigpond.com**