

# 'One And Only'

Choreographed by: *Dee Musk* (February 2006) [deemusk@btinternet.com](mailto:deemusk@btinternet.com)

Dance: 32 Count 4 Wall Intermediate Dance

Choreographed to: "Selfish (I Want U 2 Myself)" by Fantasia & Missy Elliott –  
Fantasia Free Yourself Album.

32 count Intro – Start on main vocals.

## **PRESS RECOVER, CROSS BACK BACK, WALK WALK, ½ TURN R BACK TOUCH.**

- 1,2 Press R out to R side, recover weight to L as you drag R in.
- 3&4 Cross R over L, step slightly back on L, step slightly back on R.
- 5,6 Walk forward L, walk forward R.
- 7&8 Turning back make a ½ turn R stepping back on L, step back on R, touch L slightly in front of R.

## **STEP FORWARD, ¼ TURN L, ½ SAILOR TURN L, CROSS SIDE HEEL, TOGETHER, CROSS HITCH SIDE.**

- 1,2 Step forward on L, make a ¼ turn L stepping R to R side.
- 3&4 Making a ½ sailor turn L, step L behind R, step R to R side, step slightly forward on L.
- 5&6& Cross R over L, step L to L side, touch R heel to R diagonal, step R beside L.
- 7&8 Cross L over R, hitch R knee in, step a large step to R side whilst dragging L in beside R.

## **L MAMBO FORWARD, R MAMBO BACK, ¾ TRIPLE TURN L, R MAMBO TOUCH BACK.**

- 1&2 Rock forward on L, recover weight to R, step slightly back on L.
- 3&4 Rock back on R, recover weight to L, step slightly forward on R.
- 5&6 Turning left, make a ¾ triple turn stepping L,R,L.
- 7&8 Rock forward on R, recover weight to L, touch R toe back.

## **¼ TURN R, TOGETHER SIDE, ¼ TURN L, ¼ TURN L, SAILOR ½ TURN L, JAZZ JUMP FORWARD, HEEL LIFTS.**

- 1&2 Make a ¼ turn R step weight down on to R, step L beside R, step R to right side.
- 3,4 Make a ¼ turn L step weight forward on to L, make a ¼ turn L stepping R to R side.
- 5&6 Making a ½ sailor turn L, step L behind R, step R to R side, step slightly forward on L.
- &7&8 Jazz Jump forward R then L, then lift both heels up then down (**weight ends on L**).

Have Fun and get **Funky!!!** Luv Dee xx

www.deemusk.com