

# YOU ARE THE ONLY ONE

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Music: You are the Only One by Rickey Nelson Download Length: 2:36 Recommended Speed: As Downloaded  
From the Album: Greatest Hits – Rickey Nelson (Remastered Edition)  
Available from Amazon Music Downloads

Footwork: Opposite, directions for man except as noted (W's in parentheses)

Rhythm: Rumba Round-a-Lab: Phase IV

Sequence: Intro – A – B – C – B – A – D – A – Ending

Released: Sept 2014

Measures: **INTRO**

1-4 **Wait Pick Up Notes, Cuca L & R ; ; Time Steps Twice ; ;**

Starting Position – BFLY Fcg Ptr/WALL, Lead foot free

Wait Pick Up Notes,

1-2 [BFLY WALL] Sd L, Rec R, CL L ; Sd R, Rec L, CL R ;

3-4 [BFLY WALL] XLIB, Rec R, SD L ; XRIB, Rec L, SD R ;

**PART A**

1-8 **Bas ; ; Shldr to Shldr Twice ; ; Alemana ; ; Lariat ; ;**

1-2 [BFLY WALL] Fwd L, Rec R, SD L ; Bk R, Rec L, SD R ;

3-4 [BFLY WALL] Rk Fwd L [BFLY SCAR], Rec R to FC, SD L ;

Rk Fwd R [BFLY BJO], Rec L to FC, SD R ;

5-6 [BFLY WALL] Fwd L, Rec R, CL L [leading Lady to turn right face] ; Rk Bk R, Rec L, SD R ;

(Rk Bk R, Rec L, SD R & Trn W Fwd L continue right face trn under lead joined hands,

Fwd R continue right face trn, SD L)

7-8 Step in Place left, right, left ; Step in Place right, left, right ;

(Circle man clockwise with joined lead hands Fwd R, Fwd L, Fwd R ; continue clockwise circle

Fwd L, Fwd R, Fwd L end facing man) ;

**PART B**

1-8 **Fencelines Twice ; ; Rev Undrm Trn ; Undrm Trn ; Doors Twice to OP/LOD ; ; Prog Walk 6 to OP/LOD ; ;**

1-2 [BFLY WALL] X Lunge L thru with bent knee, Rec R trng to FC Ptr, SD L ;

X Lunge R thru with bent knee, Rec L trng to FC Ptr, SD R ;

3-4 [BFLY WALL] XLIF, Rec R, SD L (W XRIF under joined lead hands commence left face turn ½, Rec L complete left

face turn to face Ptr, SD R) ; XRIB raising joined lead hands turning body slightly, Rec L to FC Ptr, SD R

(W XLIF under joined lead hands commence ½ right face turn, Rec R complete right face turn to FC Ptr, SD L) ;

5-6 [BFLY WALL] Rk SD L, Rec R, XLIF ; Rk SD R, Rec L, XRIF to OP/LOD ;

7-8 [OP/LOD] Fwd L, Fwd R, Fwd L ; Fwd R, Fwd L, Fwd R to OP/LOD ; ; [2<sup>nd</sup> time to Face Partner]

**PART C**

1-8 **Sliding Doors [Over & BK] ; ; Circle Away & TOG ; ; CuCa L & R ; ; Crabwalks to Rev ; ;**

1-2 [OP/LOD] Rk Apt L, Rec R, XLIF ; Rk Apt R, Rec L, XRIF ;

3-4 [OP/LOD] Fwd L Trn, Fwd R Trn, Fwd L Trn ; Fwd R, Fwd L, Fwd L ;

5-6 See Steps 1-2 of Intro

7-8 [BFLY WALL] XLIF, SD R, XLIF ; SD R, XLIF, SD R ;

# YOU ARE THE ONLY ONE (continued)

## PART D

### 1-8 Chase Peek-a-Boo Double :::::

1-8 [BFLY WALL] Fwd L Trn ½, Rec R, Fwd L; SD R Peeking, Rec L, CLS R; SD L Peeking, Rec R, CLS L;  
Fwd R Trn ½, Rec L, Fwd R; SD L Peeking, Rec R, CLS L; SD R Peeking, Rec L, CLS R; Fwd L, Rec R, Bk L;  
Bk R, Rec L, Fwd R; (W Bk R, Rec L, Fwd R; SD L Peeking, Rec R, CLS L; SD R Peeking, Rec L, CLS R;  
Fwd L Trn ½, Rec R, Fwd L; SD R Peeking, Rec L, CLS R; SD L Peeking, Rec R, CLS L; Fwd R Trn ½, Rec L, Fwd R;  
Fwd L, Rec R, Bk L;)

### 9-16 ½ Bas to a Fan ; ; Hky Stk ; ; Fencelines Twice to OP/LOD ; ; Circle Away & TOG ; ;

9-10 [BFLY WALL] Fwd L, Rec R, SD L; Bk R, Rec L, SD R; (W Bk R, Rec L, SD R;  
Fwd L, Step SD & Bk R Trng Left Face ¼, BK L;)  
11-12 Fwd L, Rec R, CLS L; Bk R, Rec L, Fwd R [following lady]; (W CLS R, Fwd L, Fwd R; Fwd L, Fwd R trng left face to  
Partner, SD & Bk L;)  
13-14 [BFLY WALL] X Lunge L thru with bent knee, Rec R trng to FC Ptr, SD L;  
X Lunge R thru with bent knee, Rec L, SD R trng upper body to OP/LOD;  
15-16 See Steps 3-4 of Part C

## ENDING

### 1-5 Cuca L & R ; ; Time Steps Twice ; ; Stp Apt & PT ;

1-2 See Steps 1-2 of Intro ;  
3-4 See Steps 3-4 of Intro ;  
5 Stp bk L, Pt to Ptr;