

# You Are the Only One

**Counts:** 90      **Walls:** 1      **Level:** Phrased Intermediate  
**Choreographer:** Tom I. Soenju (NOR), May 2016  
**Music:** "You Are The Only One" by Sergey Lazarev (Сергей Лазарев).  
**Track:** Eurovision 2016  
**Availability:** Available on iTunes, Google Play and Amazon.

**Note:** The song starts with a beat that can either be counted in a waltz pattern (fast) or in a normal 8-pattern (slow). There are 3 waltz counts in 1 "normal" count. This only applies to part A. In the rest of the song a "normal" 8-counting is used. Both methods of counting have been added for part A and intro, where the waltz-count is in parentheses, in case someone finds this confusing.

**Intro:** 8 (24) Counts after church bells.

**Sequence:** ABCC-B(8)BBCC-A(16)CC(19+end)

**Tag/Restart:** No tags, 2 restarts.

**1st restart:** In the second B part, dance the first 8 counts and restart on part B.

**2nd restart:** In the second A part, dance the first 16 counts and restart with part C.

**End:** Dance 19 counts of the last C part (after cross shuffle) and finish with sweeping right foot forward to 12:00.

## Part A      Part A – 26 (78) Counts

**Section 1:** 1/4 Turn slide, 1/8 Turn slide, 1/4 Turn and slide, 3/8 Turn and slide, Sway, Sway, 1/8 Turn slide, 6/8 Turn rock

|           |                                                                        |
|-----------|------------------------------------------------------------------------|
| 1 (1,2,3) | Turn (1/4) to you left (9:00) sliding right foot back                  |
| 2 (4,5,6) | Turn (1/8) to your left (7:30) sliding left foot forward               |
| 3 (1,2,3) | Turn (1/4) to your left (4:30) then slide right foot to right side     |
| 4 (4,5,6) | Turn (3/8) to your left facing 12:00 then slide left foot to left side |
| 5 (1,2,3) | Recover weight onto right foot                                         |
| 6 (4,5,6) | Recover weight onto left foot                                          |
| 7 (1,2,3) | Turn (1/8) to your left (10:30) sliding right foot forward             |
| 8 (4,5,6) | Turn (6/8) to your left (1:30) sliding left foot forward               |

**Section 2:** Recover, Rock, 1/8 Turn rock, Recover, Step, Recover, 1/4 Turn slide, 1/8 Turn slide

|           |                                                                  |
|-----------|------------------------------------------------------------------|
| 1 (1,2,3) | Recover weight onto right foot                                   |
| 2 (4,5,6) | Recover weight onto left foot                                    |
| 3 (1,2,3) | Turn (1/8) to your left (12:00) sliding right foot to right side |
| 4 (4,5,6) | Recover weight onto left foot                                    |
| 5 (1,2,3) | Step right foot back                                             |
| 6 (4,5,6) | Recover weight to left foot                                      |
| 7 (1,2,3) | Turn (1/4) to you left (9:00) sliding right foot back            |
| 8 (4,5,6) | Turn (1/8) to your left (7:30) sliding left foot toward          |

**Section 3:** 1/4 Turn and slide, 3/8 Turn and slide, Sway, Sway, 1/8 Turn slide, 6/8 Turn rock, Recover, Rock

|           |                                                                        |
|-----------|------------------------------------------------------------------------|
| 1 (1,2,3) | Turn (1/4) to your left (4:30) then slide right foot to right side     |
| 2 (4,5,6) | Turn (3/8) to your left facing 12:00 then slide left foot to left side |
| 3 (1,2,3) | Recover weight onto right foot                                         |
| 4 (4,5,6) | Recover weight onto left foot                                          |
| 5 (1,2,3) | Turn (1/8) to your left (10:30) sliding right foot forward             |
| 6 (4,5,6) | Turn (6/8) to your left (1:30) sliding left foot forward               |
| 7 (1,2,3) | Recover weight onto right foot                                         |
| 8 (4,5,6) | Recover weight onto left foot                                          |

**Section 4:** 1/8 Turn Rock, Recover

|           |                                                                  |
|-----------|------------------------------------------------------------------|
| 1 (1,2,3) | Turn (1/8) to your left (12:00) sliding right foot to right side |
| 2 (4,5,6) | Recover weight onto left foot                                    |

## Part B      Part B – 32 Counts

**Section 1:** Side Rock, Behind-Side-Cross, Side Rock, Behind-Side-Cross

|     |                                                                         |
|-----|-------------------------------------------------------------------------|
| 1   | Step (rock) right foot to right side                                    |
| 2   | Recover weight onto left foot                                           |
| 3 & | Cross right foot behind left foot and step left foot next to right foot |
| 4   | Cross right foot over left foot                                         |
| 5   | Step (rock) left foot to left side                                      |

- 6 Recover weight onto right foot
- 7 & Cross left foot behind right foot and step right foot next to left foot
- 8 Cross left foot over right foot

**Section 2: Shuffle forward, Rock, Recover, ½ Turn shuffle, Chassé ¼ turn**

- 1 & Step right foot forward and step left foot behind
- 2 Step right foot forward
- 3 Step (rock) left foot forward
- 4 Recover weight onto right foot
- 5 & Half turn to your left, stepping left foot forward and step right foot behind left foot
- 6 Step left foot forward
- 7 & Quarter turn to your left stepping right foot to right side and step left foot next to right foot
- 8 Step right foot to right side

**Section 3: Sailor step, Cross Step, Sailor step, Cross, Hitch ¼ turn**

- 1 & Step left foot behind right foot and step right foot next to left foot
- 2 Step left foot forward
- 3 Cross right foot over left foot
- 4 Step left foot to left side
- 5 & Step right foot behind left foot and put left foot next to right foot
- 6 Step right foot forward
- 7 Cross left foot over right foot
- 8 Hitch right foot and make a quarter turn to your left

**Section 4: Prissy, Hold, Prissy walk, Hold, Rocking chair**

- 1 Step right foot forward and across left foot
- 2 Hold
- 3 Hitch left foot forward and across right foot
- 4 Hold
- 5 Step right foot forward
- 6 Recover weight onto left foot
- 7 Step right foot back
- 8 Recover weight onto left foot

**Part C Part C – 32 counts**

**Section 1: Kickball cross, Scissor cross, Step, Behind-Side-Cross, Step**

- 1 & Kick right foot forward and step right foot next to left foot
- 2 Cross left foot over right foot
- 3 & Step right foot to right side and step left foot next to right foot
- 4 Cross right foot over left foot
- 5 Step left foot to left side
- 6 & Step right foot behind left foot and step left foot next to right foot
- 7 Cross right foot over left foot
- 8 Step left foot to left side

**Section 2: ¼ Turn chassé, ¼ Turn chassé, ¼ Turn step, ¼ Turn jazz box**

- 1 & Quarter turn to your right (3:00) stepping right foot to right side and step left foot next to right foot
- 2 Step right foot to right side
- 3 & Quarter turn to your right (6:00) stepping left foot to left side and step right foot next to left foot
- 4 Step left foot to left side
- 5 Quarter turn to your right (9:00) stepping right foot to right side
- 6 Quarter turn to your right (12:00) stepping left foot to left side
- 7 Cross right foot over left foot
- 8 Step left foot back

**Section 3: Together, Cross shuffle, Full turn, 1/8 Turn Forward shuffle**

- 1 Step right foot next to left foot
- 2 & Cross left foot over right foot and step right foot behind left foot
- 3 Cross left foot over right foot
- 4 Quarter turn to your left stepping right foot back (9:00)
- 5 Half turn to your left stepping left foot forward (3:00)
- 6 Quarter turn to your left stepping right foot back (12:00)
- 7 & Turn 1/8 to your left (10:30), stepping left foot forward and step right foot behind left foot
- 8 Step left foot forward (10:30)

**Section 4: Rock, Recover, 1/8 Turn chassé, Jazz box, Step, Touch**

- 1 Step (rock) right foot forward (10:30)
- 2 Recover weight onto left foot
- 3 & Turn 1/8 to your right (12:00), stepping right foot to right side and step left foot next to right foot
- 4 Step right foot to right side
- 5 Cross left foot over right foot
- 6 Step right foot back

- 7 Step left foot to left side
- 8 Touch right foot next to left foot

**Start again and enjoy! Happy Dancing!**

**Contact:** If anything is unclear or if you would like additional information, please contact me:  
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