



# Only Girl

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Type of dance: 64 counts. 2 walls. Cha cha rhythm (124 bpm)  
 Level: Intermediate  
 Music: 'Only Girl' by *Rihanna*. On album: Only Girl (in the world). Or download from iTunes  
 Intro: 32 counts from first beat (app. 15 seconds into track). Start with weight on L  
 \* 1 restart: After count 32& on wall 3, facing 3:00: The last step of your coaster step is the first step of your restart. This also means you don't turn ¼ R as you would normally on count 1  
 \*\* Tag: After wall 6, facing 6:00. See description at bottom of page

Counts	Footwork	You face
<b>1 – 8</b>	<b>¼ R, L rock fw, ½ shuffle turn L, fw R, ¾ spiral turn L, L step lock</b>	
1 – 3	Turn ¼ R stepping fw on R (1), rock fw on L (2), recover on R (3)	3:00
4&5	Turn ¼ L stepping L to L side (4), step R next to L (&), turn ¼ L stepping L fw (5)	9:00
6 – 7	Step fw on R (6), turn ¾ L on R foot ending with L leg hooked across R shin (7)	12:00
8&	Step fw on L (8), lock R behind L (&)	12:00
<b>9 – 16</b>	<b>Fw L, R rock fw, R back lock step, ¼ L, point R, hold, together</b>	
1 – 3	Step fw on L (1), rock R fw (2), recover on L (3)	12:00
4&5	Step back on R (4), lock L over R (&), step back on R (5)	12:00
6 – 7	Turn ¼ L stepping L to L side (6), point R to R side (7)	9:00
8&	Hold (8), step R slightly behind L (&)	9:00
<b>17 – 24</b>	<b>Cross, R side rock, R samba step, cross, point, cross R</b>	
1 – 3	Cross L over R (1), rock R to R side (2), recover on L (3)	9:00
4&5	Cross R over L (4), rock L to L side (&), recover on R (5)	9:00
6 – 7	Cross L over R (6), point R to R side (7)	9:00
8	Cross R over L (8)	9:00
<b>25 – 32</b>	<b>Push back L, together R, fw L, R step lock step, fw L, ½ R, R coaster step</b>	
1 – 3	Step L a big step back leaving R toe pointed (1), step R next to L (2), walk fw L (3)	9:00
4&5	Step fw on R (4), lock L behind R (&), step fw on R (5)	9:00
6 – 7	Step fw on L (6), make ½ R on L foot (7) – <i>weight remains on L foot</i>	3:00
8&	Step back on R (8), step L next to R (&) * <i>Restart here on wall 3, facing 3:00, stepping R fw</i>	3:00
<b>33 – 40</b>	<b>Fw R, walk L R, L step lock step, rock R fw, recover sweep ¼ R, R sailor</b>	
1 – 3	Step fw on R (1), walk L fw (2), walk R fw (3)	3:00
4&5	Step fw on L (4), lock R behind L (&), step fw on L (5)	3:00
6 – 7	Rock fw on R (6), turn ¼ R as you recover back on L and sweep R out to R side (7)	6:00
8&	Cross R behind L (8), step L a small step to L side (&)	6:00
<b>41 – 48</b>	<b>Side R, cross, ¼ L back, ¼ L into L chasse, hold, ball step, hold, together</b>	
1 – 3	Step R to R side (1), cross L over R (2), turn ¼ L stepping back on R (3)	3:00
4&5	Turn ¼ L stepping L to L side (4), step R next to L (&), step L to L side (5)	12:00
6&7	Hold (6), step R next to L (&), step L to L side (7)	12:00
8&	Hold (8), step R next to L (&)	12:00
<b>49 – 56</b>	<b>Side L, cross rock, R chasse, cross, ¼ L back, L back lock</b>	
1 – 3	Step L to L side (1), cross rock R over L (2), recover back on L (3)	12:00
4&5	Step R to R side (4), step L next to R (&), step R to R side (5)	12:00
6 – 7	Cross L over R (6), turn ¼ L stepping back on R (7)	9:00
8&	Step back on L (8), lock R over L (&)	9:00
<b>57 – 64</b>	<b>Back L, R back rock, R kick ball point into monterey ¼ L, touch R together</b>	
1 – 3	Step back on L (1), rock back on R (2), recover fw onto L (3)	9:00
4&5	Kick R fw (4), step R next to L (&), point L to L side (5)	9:00
6 – 7	Turn ¼ L on R stepping L next to R (6), point R to R side (7)	6:00
8	Touch R next to L (8)	6:00
<b>Start again... and ENJOY!</b>		
<b>TAG</b>	End of wall 6, facing 6:00:	
1 - 4	Turn ¼ R stepping R fw (1), rock L fw (2), recover on R (3), turn ¼ L stepping L to L side (4)	6:00