

One Dance

Song: One Dance (3.19 mins available on Itunes)
Artist: Little Big Town / Album: Wanderlust
Choreographer: Linda Burgess- Sydney-Australia June 2016
Description: 64 count, 4 wall, Intermediate Dance (no tags or restarts) Dance turns anticlockwise direction.

Beats	Steps	Intro: 40 counts.
1-8 1&2,3&4 5&6,7&8	STEP HIP X 3, TOGETHER & HIP X 3, STEP HIP X 3, TOGETHER & HIP X 3 Step R to R & push hips R, push hips L, push hips R, step L beside R & push hips L, push hips R, push hips L Repeat the last 4 counts above (12.00)	
9-16 1,2,3&4 5,6,7&8	SIDE/ROCK, REPLACE, CROSS, SHUFFLE, ¼ DRAG, BALL, CHANGE Rock/step R to R side, replace weight to L, cross/step R over L, step L to L, cross/step R over L Turn ¼ R & take a big step back on L, drag R towards L over 2 counts (6,7), step back on R ball of foot, replace weight to L (3.00)	
17-24 1,2&3,4 5,6&7&8	WALK, WALK, BALL, CHANGE, FWD, WALK, WALK, BALL, CHANGE, FWD Step/walk fwd R, step/walk fwd L, step back R on ball of foot, replace weight to L, step fwd R Step/walk fwd L, step/walk fwd R, step back L on ball of foot, replace weight to R, step fwd L (3.00)	
25-32 1,2,3&4 5,6,7,8	PIVOT ½ TURN, SHUFFLE FWD, FULL TURN, FWD, TOUCH Step fwd R, pivot ½ turn L, shuffle fwd R,L,R (9.00) Turn ½ R & step back L, turn ½ R & step fwd R, step fwd L, touch R beside L (9.00)	
33-40 1,2,3,4 5&6,7&8	SIDE, TOUCH BEHIND, SIDE, TOUCH BEHIND, FWD HIP X 3, FWD HIP X 3 Step R to R, cross/touch L toe behind R, step L to L, cross/touch R toe behind L (optional bend knees on count 2 & 4) (9.00) Step fwd R & push R hip fwd, push L hip back, push R hip fwd, step fwd L & push L hip fwd, push R hip back, push L hip fwd (9.00)	
41-48 1,2,3&4 5,6,7&8	FWD, ½ BACK, R COASTER, SIDE ROCK, REPLACE, ¼ ¼ SIDE Step fwd R, turn ½ R & step back L, step back R, step L beside R, step fwd R (3.00) Rock/step L to L, replace weight to R, cross/step L over R, turn ¼ L & step back R, turn ¼ L & step L to L side (9.00)	
49-56 1,2,3&4 5,6,7&8	CROSS/ROCK, REPLACE, SIDE SHUFFLE, CROSS/ROCK, REPLACE ¼ SHUFFLE Cross/step R over L, replace weight to L, step R to R, step L beside R, step R to R (9.00) Cross/rock L over R, replace weight to R, ¼ turn L & step fwd L, step R beside L, step fwd L (6.00) (Optional triple full turn R on counts 3&4, and 1&1/4 triple turn L on counts 7&8)	
67-64 1&2,3&4 5,6,7,8	MAMBO FWD, MAMBO BACK, PIVOT ½ TURN, STEP FWD , ¼ STEP FWD Rock/step fwd R, replace weight to L, step back R, rock/step back L, replace weight to R, step fwd L (6.00) Step fwd R, pivot ½ turn L, step fwd R, turn ¼ L & step fwd. (9.00)	

Begin again.!!

Linda Burgess-Australia

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