

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.!!

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