

One Love

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Count: 32 **Wall:** 4 **Level:** High Beginner

Choreographer: Andrico Yusran, d'ULD Pusat - Jakarta, Indonesia (March 2019)

Music: Atomic Kitten - The Hide is High (Get The Feeling)

Info: Starts after 16 counts

[1 - 8] Rolling Vine R, (L Side, Together)2x

1 - 4 $\frac{1}{4}$ R stepping R fwd. (1), $\frac{1}{2}$ R stepping L back (2), $\frac{1}{4}$ R stepping R to side (3), touch L next to R (4) [12.00]

5 - 8 Step L to side (5), step R next to L (6), step L to side (7), step R next to L (8) [12.00]

[9 - 16] Rolling Vine L, R Side, Together, R Side, Touch

1 - 4 $\frac{1}{4}$ L stepping L fwd. (1), $\frac{1}{2}$ L stepping R back (2), $\frac{1}{4}$ L stepping L to side (3), touch R next to L (4) [12.00]

5 - 8 Step R to side (5), step L next to R (6), step R to side (7), touch L next to R (8) [12.00]

[17 - 24] L Step Fwd., $\frac{1}{2}$ R, Small Shuffles Fwd.

1 - 2 Step L fwd. (1), $\frac{1}{2}$ R changing weight to RF (2) [06.00]

3&4 Small step L fwd. (3), step R next to R (&), small step L fwd. (4) [06.00]

5&6 Small step R fwd. (5), step L next to L (&), small step R fwd. (6) [06.00]

7&8 Small step L fwd. (7), step R next to R (&), small step L fwd. (8) [06.00]

[25 - 32] Heel Grind Into $\frac{1}{4}$ R Stepping L Back, Rock R Back, Step R Fwd., Touch, Step L Back, Touch

1 - 4 Dig R heel fwd. (1), $\frac{1}{4}$ R stepping L back (2), rock R back (3), recover to L (4) [09.00]

5 - 8 Step R fwd. (5), touch L next to R (6), step L back (7), touch R next to L (8) [09.00]

Use your hips if possible to make this dance more fun!

Questions: larskuiflinedance@gmail.com

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