

# One Man Band

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**Count:** 28

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Magali Bérenger (Montana Mag) France. March 2019

**Music:** One Man Band - Old Dominion - 76 bpm

## **Intro: 16 cts**

### **SCT 1 : Sailor 1/4 turn, Behind Side Cross, Chassé 1/4, Fwd, 1/2 turn, Fwd**

**1 & 2 1/4 turn right crossing RF behind LF (3:00), Step LF on left side, Step RF on right side**

**3 & 4** Cross LF behind RF, Step RF on right side, Cross LF over RF

**5 & 6** Step RF on right side, Step LF next to RF, 1/4 turn right stepping RF fwd (6:00)

**7 & 8** Step LF fwd, Pivot 1/2 turn right (12:00) (body weight on RF), Step LF fwd

### **SCT 2 : Diagonal Step Lock Step, 1/2 Rumba box, Back Rock, Ball step, Sync.Rock fwd**

**1 & 2** Step RF fwd towards right fwd diagonal (1:30), Cross Lf behind RF, Step RF fwd

**3 & 4** Step LF on left side squaring 3:00, Together on RF, Step LF back

**5 - 6** Rock RF back, Recover on LF

**& 7 - 8 &** Step RF next to LF, Step LF fwd, Rock RF fwd, Recover on LF

### **MODIFIED RESTART ON WALL 3 : facing 9:00**

**Replace count 8 SCT 2 by : Point RF on right side and restart**

### **SCT 3 : 1/2 turn, Sync. Rock fwd, 1/4, Full turn, Mambo Step, Coaster cross**

**1 1/2 turn right stepping RF fwd (9:00)**

**2 & 3** Rock LF fwd, Recover on RF, 1/4 turn left stepping LF fwd (6:00)

**4 & 1/2 turn left stepping RF back( 12:00), 1/2 turn left stepping LF fwd (6:00)**

**5 & 6** Rock RF fwd, Recover on LF, Step RF back

**7 & 8** Step LF back, Step RF next to LF, Cross LF over RF

### **SCT 4 : & Cross, Side, 1/4, Cross, Side**

**& 1** Step RF slightly on right side, Cross LF over RF

**2 & 3** Step RF on right side, 1/4 turn left stepping LF on left side (3:00), Cross RF over LF

4 Step LF on left side

**TAG: end of wall 6 : facing 6:00**

**Add the following counts :**

**Sway R, Sway L, Sway R, Sway L**

**1 - 2** Push right hip to right side, Push left hip to left side

**3 - 4** Push right hip to right side, Push left hip to left side (Body weight on L)

**FINAL : To end the dance facing 12:00 : SCT 2 / SCT 3: Replace : 8 & 1 by a Mambo Step**

**Pour mon Chewbacca, A.K.A. Un Singe En Hiver :-)**

**COPPERKNOB (144.217.101.242)**