

One Kingdom

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Count: 32

Wall: 4

Level: Advanced, Contemporary Smooth

Choreographer: Jenny Stevenson & Paul James. April 2019

Music: Kingdom of One by Maren Morris (iTunes)

Restart 1 - Wall 2. Restart 2 - Wall 4. Restart 3 - Wall 6. Restart 4 - Wall 8.

Tag is at the end of Wall 9.

Count In - 15 counts - *The dance starts 8&*

[1-8] Run B x2, Point, ¼ Turn, ¼ Sweep, Cross, Side, Rock Recover, ½ Turn, Side, Cross.

8&*Step back R foot (8) Step back L foot (&)

1,2,3 Point R toe back (1) Make ¼ turn R, weight on R foot (2) Make ¼ turn L sweeping R foot from back to front (3)

4&5 Cross R foot over L (4) Step L foot to L (&) Rock R foot behind L, angle body to face 1:00 *Styling option - Lift L leg whilst rocking back* (5)

6,7 Recover weight onto L foot (6) Step onto R foot making ½ turn over L shoulder (7)

8& Step L foot to L (8) *Restart 3 here on Wall 6, Pointing R toe back* Cross R foot over L (&)

[9-16] Body Sways, Leg Raise, ¼ Step, ¼ Turn, Cross & Cross, ¼ Turn, ½ Turn.

1,2& Step L to L as you sway body to L (1) Sway body R (2) Sway body L (3)

3,4 Sway body R (3) Recover weight onto L foot & lift your R leg up - lateral and small lift (4)

5& Make ¼ turn L stepping R foot forward (5) Make ¼ turn left recovering weight onto L foot (&)

6&7 Make ¼ turn R crossing R foot over L (6) Step L foot to L (&) Cross R foot over L (7)

Restart 2 & 4 here on Walls 4 & 8, Making a step change for count 8 -Step L foot to L side. Start the dance again pointing R toe back on 1.

8& Make ¼ turn L stepping forward on L foot (8) Make ½ turn L stepping back on R foot (&)

[17-25] ¼ Turn, Rock ¼ Turn, Sweeps x2, Cross & Slow Unwind Spiral ¾, Side, Runs x3 on ¼ Turn/Curve.

- 1,2&3** Make ¼ turn L stepping L foot to L (1) Rock R foot behind L (2) Cross L foot over R (&) Make ¼ turn R stepping forward on R, sweeping L foot from back to front (3)
- 4,5,6** Step onto L foot sweeping R foot from back to front (4) Cross R foot over L (5) Slow unwind a ¾ turn over L shoulder, spiral the L leg (6)
- 7** Step L foot to L side (7)

***Restart 1 here on Wall 2 - Run back R,L for 8&**

- 8&1** Step R foot forward (8) Make 1/8 turn R stepping L foot forward (&) Make 1/8 turn R stepping R foot forward (1)

[26-32] Walk, Step, ¼ Look x2, ¼ Turn Flick, Step, Full Turn with Drag - *Run B x2.

- 2,3** Walk forward L foot (2) Step R foot forward (3)
- &4** With the weight on both feet, make ¼ turn L and Twist/Look over L shoulder (&) Twist/Look over R shoulder (4)
- 5,6** Make ¼ turn L stepping forward on L foot, flicking R foot back (5) Step forward R foot (6)
- 7** Make a full turn over the L shoulder, weight on L foot whilst dragging the R foot around (7)

***8& *Run back R,L to start the dance again (8&)**

Tag: Sweep, Behind Side, Cross Rock x2, Hitch, Run B x2.

- 1,2&** Step R foot in place sweeping L foot from front to back (1) Cross L foot behind R (2) Step R foot to R side (&)
- 3&4** Cross rock L foot over R (3) Recover onto R foot (&) Step L foot to L (4)
- &5** Cross rock R foot over L (&) Recover onto L foot, hitching R knee (5)
- 6&** Run back R,L (6&)

***Point R toe back to start the dance again.**

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Happy Dancing