

One

LINEDANCE.COM

Count: 32 **Wall:** 2 **Level:** Intermediate NC

Choreographer: Paul Snooke (AUS) June 2019

Music: One by Lewis Capaldi on "divinely uninspired to hellish extent" album (2019) 66bpm, 3:00min

Notes:

***Dance starts immediately - so have been teaching to start dance with weight on right foot and begin the dance on count 2, stepping the L foot forward.**

***Restart on 2nd (after count 34&) and 5th (after count 8&) walls (both will restart to the back wall)**

[1-8] R forward, L forward, R recover L back & R ronde, R side, L cross, R side, L recover, R behind, L side, Recover R, $\frac{3}{4}$ L forward

- 1-2&** Step RF forward, Step LF forward, Recover weight to RF
- 3-4&** Step RF back & turn $\frac{1}{4}$ R as you sweep RF out to R side, Step RF to R side, Cross LF over RF
[3:00]
- 5-6&** Step RF to R side, Step LF to L side, Cross RF over LF,
- 7-8&** Step LF to L side, Recover weight to RF, Turn $\frac{3}{4}$ L on the ball of the RF & step LF forward
[6:00]

Restart dance on 5th wall here - no variation of dance (facing the back wall)

[9-16] R forward, Turn $\frac{1}{2}$, R together, L forward, Turn $\frac{1}{2}$, $\frac{1}{2}$ L back, R back & sweep L, L back and sweep R, Weave R L R L

- 1-2&** Step RF forward, Turn $\frac{1}{2}$ L transferring weight to LF, Step RF together [12:00]
- 3-4&** Step LF together, Turn $\frac{1}{2}$ R transferring weight to RF, Turn $\frac{1}{2}$ R & step LF back [12:00]
- 5-6** Step RF back sweeping the LF around behind the RF, Step LF back sweeping the RF around behind the LF
- 7&8&** Cross RF behind LF, Step LF to L side, Cross RF over LF, Step LF to L side [12:00]

[17-24] $\frac{1}{8}$ R back, Recover L, $\frac{3}{8}$ R back, $\frac{1}{2}$ L forward & reach up, Bend L knee & hand into a fist, R back & push hand, L back, $\frac{1}{2}$ R forward, L forward, Turn $\frac{1}{2}$, L forward, Turn $\frac{1}{2}$

- 1-2&** Turn $\frac{1}{8}$ R & step RF back, recover weight to LF, Turn $\frac{3}{8}$ L & step RF back [9:00]

- 3-4-5** Turn ½ L & step LF forward reach up with the R hand, Bend the L knee and crouch down into a low position with R hand in a fist at the chest, Step RF back pushing off with the LF & Push your R palm forward [3:00]
- 6&7** Step LF back, Turn ½ R & step RF forward, Step LF forward [9:00]
- &8&** Turn ½ R transferring weight to RF, Step LF forward, Turn ½ R transferring weight to RF [9:00]

[25-32] L forward, Recover R, ½ L forward, R forward, Recover L, ¼ R side, L forward, Recover R, ½ L forward, Walk R L, ½ R hitch

- 1-2&** Step LF forward, Recover weight to RF***, Turn ½ L & step LF forward [3:00]

*****dance up to count 34 on 2nd wall, replace the & count with a ¼ L as you step to the side (facing back wall) and restart**

- 3-4&** Step RF forward, Recover weight to LF, Turn ¼ R & step RF to R side [6:00]
- 5-6&** Step LF forward, Recover weight to RF, Turn ½ L & step LF forward [12:00]
- 7-8&** Step RF forward, Step LF forward, Turn ½ L & Hitch R knee [12:00]

Ending: Wall 7, dance the first 8& counts (facing the back wall), continue you turn with a ½ turn L step RF back and drag LF together

Contact info:

paul.snooke@gmail.com

+61434088011

Last updated on 29th May 2019