

One Man Band

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Count: 28 **Wall:** 4 **Level:** Intermediate

Choreographer: Wendy McLean (November 2019)

Music: One Man Band by Old Dominion

Mambo Step, Coaster Step, Shuffle 5/8 Turn, Mambo Step

- 1&2** Rock forward on right, Recover on left, Step back on right
- 3&4** Step back on left, Step right together, Step forward on left
- 5&6** Step forward on right, Step ½ on left, Step 1/8 onto right (4:30)
- 7&8** Rock forward on left, Recover on right, Step back on left

Shuffle Back, Shuffle Half, Cross Rock, Side 3/8, Sway, Touch

- 1&2** Shuffle back (RLR),
- 3&4** Shuffle ½ left (LRL) (10:30)
- 5&6** Cross rock right over left, Recover on left, Step right 3/8 right (3:00)
- 7 8** Sway/Step left side, Touch right

¼, ½, Shuffle ¼, Cross Mambo, Cross Mambo

- 1 2** Step ¼ right on right, Step ½ right on left (12:00)
- 3&4** Shuffle ¼ right (RLR) (3:00)
- 5&6** Rock left over right, Recover on right, Step left together
- 7&8** Rock right over left, Recover on left, Step right together

Step ½ Step, ½, ½, Touch

- 1&2** Step forward on left, Step ½ right on right, Step forward on left (9:00)
- 3&4** Turn ½ left and step back on right, Turn ½ left and step on left, Touch right beside left (3:00)

**** Restart after 16 counts on walls 3, 6 & 7 ****

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