

One I've Been Missing

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

Choreographer: Adam Åstmar (SE) (December 2019)

Music: "One I've Been Missing" by Little Mix (3:12) ~ 66 bpm

Intro: 8 counts, starting on the first clear drumbeat.

*** Restart - at wall 3 after 16 counts, facing 12:00.**

Sect - 1: Step & Sweep. Cross. Side. Rock Back, Recover. $\frac{1}{4}$. $\frac{1}{4}$ Rock Side, Recover. Ball. Side & Sweep. Jazz Box $\frac{1}{4}$.

1 - 2 a(1) Step forward on LF sweeping RF from back to front. (2) Cross RF over LF. (a) Step to the left on LF.

3 - 4 a(3) Turn slightly to the right diagonal rocking back on RF. (4) Recover on LF squaring up to 12'00. (a) Turn $\frac{1}{4}$ left stepping back on RF. {9:00}

5 - 6 a(5) Turn $\frac{1}{4}$ left rocking to the left on LF. (6) Recover on RF. (a) Ball step LF next to RF. {6:00}

7 - 8&a(7) Step to the right on RF, slightly turning body to right diagonal and sweep LF across RF. (8) Cross LF over RF. (&) Turn $\frac{1}{4}$ left stepping back on RF. (a) Step to the left on LF. {3:00}

Sect - 2: (Walk & Sweep) x3. Syncopated Weave. Behind, $\frac{1}{4}$, Forward. (Step $\frac{1}{2}$ Turn) x2.

1 - 2(1) Step forward on RF sweeping LF from back to front. (2) Step forward on LF sweeping RF from back to front.

3 - 4 a(3) Step forward on RF sweeping LF from back to front. (4) Cross LF over RF. (a) Step to the right on RF.

5 - 6&a(5) Step LF behind RF sweeping RF from front to back. (6) Step RF behind LF. (&) Turn $\frac{1}{4}$ left stepping forward on LF. (a) Step forward on RF. {12:00}

7 a 8 a(7) Step forward on LF. (a) Turn $\frac{1}{2}$ right placing weight on RF. (8) Step forward on LF. (a) Turn $\frac{1}{2}$ right placing weight on RF. {12:00}

Note! Restart occurs here at wall 3 facing 12'00.

Sect - 3: Rock Forward. Recover. $\frac{1}{2}$. Spiral Full Turn. Syncopated Walk $\frac{1}{4}$ Left. Step & Sweep. Cross. Side & Sway L, R. Ball.

1 - 2 a(1) Rock forward on LF. (2) Recover on RF. (a) Turn $\frac{1}{2}$ left placing weight on LF. {6:00}

3 - 4 a(3) Make a full spiral turn left on RF. (4) Step forward on LF turning $\frac{1}{8}$ to the left. (a) Turn $\frac{1}{8}$ to the left stepping forward on RF. {3:00}

5 - 6(5) Step forward on LF sweeping RF from back to front. (6) Cross RF over LF.

7 - 8 a(7) Step to the left on LF and sway left. (8) Sway right. (a) Ball step LF next to RF.

Sect - 4: Cross. Side. Together. Cross. Side. $\frac{1}{4}$ Together. Step. Full Turn. Step $\frac{1}{2}$ Turn. Step. Together.

1 a 2(1) Cross RF over LF. (a) Step to the left on LF. (2) Close RF next to LF slightly turning body to the right diagonal (Still facing 3'00).

3 a 4(3) Cross LF over RF. (a) Step to the right on RF. (4) Turn $\frac{1}{4}$ to the left closing LF next to RF. {12:00}

5 a 6 a(5) Step forward on RF. (a) Turn $\frac{1}{2}$ to the right stepping back on LF. (6) Turn $\frac{1}{2}$ to the right stepping forward on RF. (a) Step forward on LF.

7 - 8 a(7) Turn $\frac{1}{2}$ to the right placing weight on RF. (8) Step forward on LF. (a) Close RF next to LF. {6:00}

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