

# One Down

LINEDANCE.COM

**Count:** 32      **Wall:** -      **Level:** -

**Choreographer:** Jim Ray (USA) - January 2021

**Music:** - Luke Bryan

## Hold: 16 After Music starts And Start

### FORWARD ROCK STEP, SHUFFLE A 1/4 MOVING BACK TURNING TO THE LEFT, ROCK STEP BACK, SHUFFLE FORWARD

- 1,2      Step Left Foot Forward, Shift Wt. Back To Right Foot
- 3&4      Step Left Foot Back A 1/4 Left, Step Right Together, Step Left Together
- 5,6      Step Right Foot Back, Shift Wt. Forward To Your Left Foot
- 7&8      Shuffle Forward Right, Left, Right

### ROCK A 1/4 RIGHT, SHUFFLE A 1/4 RIGHT, SHUFFLE BACK, SHUFFLE BACK

- 1,2      Step Left Foot To The Left, Step Right Foot A 1/4 To The Right
- 3&4      Step Left Foot A 1/4 Right, Step Right Foot Together, Step Left Together
- 5&6      Shuffle Back Right, Left, Right
- 7&8      Shuffle Back Left, Right, Left

### RIGHT, ROCK STEP CROSS, LEFT, ROCK STEP CROSS, RIGHT, ROCK STEP CROSS, LEFT, ROCK STEP CROSS

- 1&2      Step Right To The Right, Shift Wt. Back To Left, Cross Right Over Left
- 3&4      Step Left To The Left, Shift Wt. Back To Right, Cross Left Over Right
- 5&6      Step Right To The Right, Shift Wt. Back To Left, Cross Right Over Left
- 7&8      Step Left To The Left, Shift Wt. Back To Right, Cross Left Over Right

### ROCK STEP FORWARD, SHUFFLE A 1/2 RIGHT, STEP LEFT, PIVOT A 1/2 RIGHT, STEP LEFT FORWARD, STEP RIGHT A 1/4 RIGHT

- 1,2      Step Right Forward, Shift Wt. Back To Left
- 3&4      Turn A 1/2 Right Shuffling Right, Left, Right
- 5,6      Step Left Foot Forward, Pivot A 1/2 Turn Right
- 7,8      Step Left Foot Forward, Step A 1/4 Right

**( START OVER )**

**Dancinjim@aol.com - January 23 2021**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=148220](https://www.linedance.com/index.php?f=dance_view&id=148220)