

# One and a Half

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** High Beginner

**Choreographer:** JMP & Ssabu (JMP Linedance) - June 2020

**Music:** One And A Half (□ □ □ □ ) by Two Two (□ □ )

**Start : After 32 counts**

**Tag & Restart : On wall 2 (3:00) & wall 8 (6:00) after 24 counts tag & restart**

**TAG : 12 count**

- 1 - 4      Step RF beside LF, Cross your arms,  
5 - 8      Step LF Back Big (slide), RF Drag, Together

**1 - 4LF Step Side (stretch one's arms to the side)**

**S1 (1-8) Walk (R-L), Mambo Forward, Back (L-R), Mambo Back**

- 1 2 3&4      Step RF forward, Step LF forward, Rock forward RF, Recover Weight onto LF, Step RF back  
5 6 7&8      Step LF back, Step RF back, Rock back LF, Recover Weight onto RF, Step LF beside RF

**S2 (1-8) Mambo Side (R-L), Apple Jacks (R-L-R-L)**

- 1&2 3&4      Rock side RF, Recover LF, RF beside LF, Rock side LF, Recover RF, LF beside RF  
5 & 6 &      With weight on left toe and right heel, turn left heel into the right and right toe out to the right (5), return both feet to center ready to change weight (&), with weight on left heel and right toe, turn left toe into the left and right heel out to the left (6), return both feet to center ready to change weight (&)  
7 & 8 &      With weight on left toe and right heel, turn left heel into the right and right toe out to the right (7), return both feet to center ready to change weight (&), with weight on left heel and right toe, turn left toe into the left and right heel out to the left (8), return both feet to center ready to change weight (&)

**S3 (1-8) Step Side (R-L), Knee Bouncing x2, Step Side (L-R), Knee Bouncing x2**

- 1 2 3&4      Step RF side, Step LF side, Knee both bouncing Twice (3&4)  
5 6 7&8      Step LF side, Step RF side, Knee both bouncing Twice (7&8) – See Video for Style

**S4 (1-8) Walk Forward (R-L), Kick, Together, Knee Pop, Jazz Box 1/4 Turn Right,  
Forward**

**1 2 3&4** Step RF forward, Step LF forward, Kick RF forward and with together(3), Pop knees out to respective side (&), Bring knees back to center (4) - See Video for Style

**5 - 8** Step L Cross over L, Step R back 1/4 Turn right, Step L side, Step R forward

**HAVE FUN ~~~ (kiara26@hanmail.net)**

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