

# One Man Band

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**Count:** 28

**Wall:** 4

**Level:** Easy Intermediate

**Choreographer:** Bruce Tau (NZ) - May 2021

**Music:** - Old Dominion

## #16 count intro

**[1-9] SIDE, ROCK BEHIND, RECOVER, SIDE, ROCK BEHIND, RECOVER, FULL TURN RIGHT, CROSS, SIDE ROCK, ¼ TURN LEFT RECOVER**

- 1,2&** Step Right foot to Right Side, Rock Left foot behind Right, Recover weight onto Right foot
- 3,4&** Step Left foot to Left Side, Rock Right foot behind Left, Recover weight onto Left foot
- 5,6,7** Make ¼ turn Right and step Right foot Forward, Make ½ turn Right and step Left foot Back  
Make ¼ turn Right and step Right foot to Right Side (Full turn to the right)
- 8&1** Step Left foot across in front of Right, Rock Right foot to Right Side, Make ¼ turn Left and recover weight onto Left foot [9 o'clock]

## [10-17] MAMBO FORWARD, COASTER BACK SWEEP, CROSS, ¼ TURN, SAILOR STEP

- 2&3** Rock Right foot Forward, Recover weight back onto Left foot, Step Right foot together
- 4&5** Step Left foot Back, Step Right foot next to Left, Step Left foot Forward and Sweep Right foot around towards the front
- 6,7** Step Right foot across in front of Left foot, Make ¼ turn Right and step Left foot Back and sweep Right Foot around towards the back
- 8&1** Step Right foot Behind Left, Step Left foot to Left Side(\*), Step Right foot to Right Side [12 o'clock]

## (\* Restart during wall 3

**[18-24] SAILOR STEP, BEHIND, ¼ TURN FORWARD, DOROTHY STEP, STEP, STEP ½ PIVOT**

- 2&3** Step Left foot Behind Right, Step Right foot to Right Side, Step Left foot to Left Side
- 4&** Step Right foot Behind Left, Make ¼ turn Left and Step Left foot Forward
- 5,6&** Step Right foot Forward to Right diagonal, Step/Lock Left foot behind Right, Step Right foot Forward to Right Diagonal

**7,8&** Step Left foot Forward, Step Right foot Forward,  $\frac{1}{2}$  Pivot Left weight ending on Left foot [3 o'clock]

**[25-28] SIDE ROCK, RECOVER, TOGETHER, SIDE ROCK, RECOVER, TOGETHER**

**1,2&** Rock Right foot to Right Side, Recover weight onto Left foot, Step Right foot together

**3,4&** Rock Left foot to Left Side, Recover weight onto Right foot, Step Left foot together [3 o'clock]

**Start Again**

**Restart: During the 3rd wall, after count 16&**

**Tag: After wall 6**

**[1-4] SWAYx4**

**1,2,3,4** Step Right foot to Right Side Swaying hips Right, Sway hips Left, Sway hips Right, Sway Hips Left

**Finish: During wall 8, keep dancing up to count 20&, then make  $\frac{1}{4}$  turn Left and Step Right foot to Right Side**