

# FORWARD ON ONE

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**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Jamie Marshall

**Music:** Ain't It Funny by Jennifer Lopez

## STEP FORWARD RIGHT, ROCK, RECOVER, TURN 1 ½ LEFT, SIDE ROCK RIGHT, SAILOR WITH ¼ LEFT TURN

- 1-2-3** Step forward right, rock forward left, recover on right
- 4&5** Turn ½ left stepping forward on left, turn ½ left stepping back on right, turn ½ left stepping forward on left
- 6-7** Rock side right, recover on left
- 8&** Cross right behind left, turn ¼ left stepping forward on left

## STEP FORWARD RIGHT, ROCK, RECOVER, TURN 1 ½ LEFT, SIDE ROCK RIGHT, SAILOR WITH ¼ LEFT TURN

- 9-16** Repeat steps 1-8

## STEP FORWARD RIGHT, ROCK, RECOVER, BACK LOCK STEP, BACK STEPS WITH ATTITUDE

- 17-18-19** Step forward right, rock forward left, recover on right
- 20&21** Step back left, cross right over left, step back on left
- &22** Step back right, touch left toe forward with raised heel slightly turning body to right
- &23** Step back left, touch right toe forward with raised heel slightly turning body to left
- &24** Step back right, touch left toe forward with raised heel slightly turning body to right

**Steps &22-24 may be danced with knee pops or moon walk**

## STEP FORWARD RIGHT, ¼ TURN LEFT, WEAVE RIGHT, STEP TOGETHER, COASTER

- &25-26-27** Step left next to right, step forward right, turn ¼ left stepping on left, step right to right
- 28&29-30** Cross left behind right, step right to right, cross left over right, step right next to left
- 31&32** Step back on left, step right next to left, step forward on left

## REPEAT