

# One & Fifty

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**Count:** 32      **Wall:** 2      **Level:** Beginner

**Choreographer:** Partyfor2 (May 2014)

**Music:** I'm Ragged But I'm Right by Blaine Gray

## **Intro: 16 counts**

### **STEPS FORWARD (RIGHT-LEFT-RIGHT-LEFT), SHUFFLE BACK RIGHT, ROCK BACK LEFT, ¼ LEFT TURN RECOVER**

**1-4**      Step right forward, step left forward, step right forward, step left forward

**5&6**      Chassé back right-left-right

**7-8**      Step left back, turn ¼ left (weight to right) (9:00)

### **STEPS FORWARD (LEFT-RIGHT-LEFT-RIGHT), SHUFFLE BACK LEFT, ROCK BACK RIGHT, RECOVER**

**1-2**      Step left forward, step right forward, step left forward, step right forward

**5&6**      Chassé back left-right-left

**7-8**      Rock right back, recover to left

### **STEP TURN ½ LEFT, HEEL SWITCHES (RIGHT-LEFT), STEP TURN ½ LEFT, KICK BALL CHANGE RIGHT**

**1-2**      Step right forward, turn ½ left (weight to left) (3:00)

**3&4&**      Touch right heel forward, step right together, touch left heel forward, step left together

**5-6**      Step right forward, turn ½ left (weight to left) (9:00)

**7&8**      Right kick ball change

### **ROCK FORWARD RIGHT, RECOVER, SHUFFLE TURN ½ RIGHT, ROCK FORWARD LEFT, RECOVER, SHUFFLE ¾ TURN LEFT**

**1-2**      Rock right forward, recover to left

**3&4**      Chassé back right-left-right turning ½ right (3:00)

**5-6**      Rock left forward, recover to right

**7&8**      Chassé back left-right-left turning ¾ left (6:00)

## **REPEAT**

