

ONE WEEK

LINEDANCE.COM

Count: 32 **Wall:** — **Level:** —

Choreographer: Abbey White

Music: One Week by The Barenaked Ladies

JUMP, KICK, COASTER, SCUFF, ROCK, ROCK, BEHIND, $\frac{1}{4}$, $\frac{1}{4}$

- 1-2** Jump with feet together, land on left, kicking right forward at 45
- 3&4** Right coaster (right back, left together, right forward)
- &5-6** Scuff left to left side, step on left, replace weight on right
- 7&8** Step left behind right, step right forward into $\frac{1}{4}$ right, step left forward into $\frac{1}{4}$ right

ROCK, REPLACE, $\frac{1}{4}$, $\frac{1}{4}$, CROSS, $\frac{1}{4}$, TOUCH, STEP, TURN, TURN

- 1-2** Rock right to right side, replace weight onto left
- 3&4** Rock right back into $\frac{1}{4}$ turn left, step left back into $\frac{1}{4}$ left, cross right over left
- 5-6** Step left back into $\frac{1}{4}$ right, touch right next to left
- 7&8** Step forward right, step left back into $\frac{1}{2}$ right, step right forward into $\frac{1}{2}$ right

JUMP, STEP, TOUCH, TOE UNWIND, SIDE AND CROSS, TURN, TURN, TOUCH

- 1&2** Jump with feet together, step left to left side, touch right to right side
- 3-4** Touch right toe behind, unwind $\frac{1}{2}$ right replacing weight onto right
- 5&6** Step left to left side, replace weight onto right, cross left over right
- 7-8** Step right back into $\frac{1}{4}$ left, $\frac{1}{2}$ turn left stepping left forward, touch right next to left

ROCK, ROCK, TOE, HEEL, $\frac{1}{4}$, ROCK, REPLACE, HOLD

- 1-2** Rock forward onto right, rock back onto left
- 3-4** Touch right toe back, drop right heel
- 5-6 $\frac{1}{4}$ turn left, rocking left to left side, replace weight onto right**
- 7-8** Replace weight onto left, hold

Variation: side body roll, for 7, replace weight on 8

REPEAT

RESTART

Restart on the 4th and 9th wall, after the first 8 counts; for counts 7&8, instead of turning, step left behind right, right to right side, and cross left over right, then restart

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=33599