

ONE WOMAN MAN

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Count: — **Wall:** 4 **Level:** beginner/intermediate

Choreographer: Don C. Lamb

Music: One Woman Man by George Jones

Sequence: AB, ABC, AB, ABC, AB, ABC

PART A

LEFT BASIC, SAILOR SHUFFLE WITH $\frac{1}{4}$ TURN LEFT

- 1-2 Step left to left side, step right together
- 3-4 Step left to left side, hold
- 5-6 Cross-step right behind left, step left to left side
- 7-8 Turn $\frac{1}{4}$ left, step right together

FORWARD COASTER, BACKWARD COASTER

- 9-10 Step left forward, step right together
- 11-12 Step left back, hold
- 13-14 Step right back, step left together
- 15-16 Step right forward, hold

PART B

$\frac{1}{2}$ BOX, RIGHT BASIC

- 1-2 Step left to left side, step right together
- 3-4 Step left forward, hold
- 5-6 Step right to right side, step left together
- 7-8 Step right to right side, hold

COASTER STEP, RIGHT BASIC WITH $\frac{1}{4}$ TURN

- 9-10 Step left back, step right together
- 11-12 Step left forward, hold
- 13-14 Step right to right side, step left together
- 15-16 Turn $\frac{1}{4}$ turn left, step right together

PART C

LEFT SIDE SHUFFLE WITH ½ TURN, RIGHT SIDE SHUFFLE WITH ½ TURN

1&2 Step left to left side, step right together, turning ½ left, step on left

3&4 Step right to right side, step left together, turning ½ right, step on right

LEFT SIDE SHUFFLE, CROSS-STEP, HOLD, RECOVER, HOLD

5&6 Step left to left side, step right together, step left to left side

7 Hold

8-9 Cross-step right over left, hold

10-11 Recover weight back onto left, hold

RIGHT SIDE SHUFFLE WITH ½ TURN, LEFT SIDE SHUFFLE WITH ½ TURN

12&13 Step right to right side, step left together, turning ½ right, step on right

14&15 Step left to left side, step right together, turning ½ left, step on left

RIGHT SIDE SHUFFLE, CROSS-STEP, HOLD, RECOVER, HOLD

16&17 Step right to right side, step left together, step right to right side

18 Hold

19-20 Cross-step left over right, hold

21-22 Recover weight back onto right, hold