

ONE AND TWO

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Count: 48 **Wall:** — **Level:** —

Choreographer: Justine Shuttleworth

Music: Better Man, Better Off by Tracy Lawrence

1&2 Rock forward right, rock back left, step right next to left

3&4 Rock forward left, rock back right, step left next to right

1&2 Rock forward right, rock back left, turning $\frac{1}{2}$ turn right step forward right

3&4 Rock forward left, rock back right, turning $\frac{1}{2}$ turn left step forward left

1&2 Rock forward right, rock back left, step right next to left

3&4 Rock forward left, rock back right, step left next to right

1&2 Step right to right, pivot $\frac{1}{4}$ turn left and step left next to right, step forward right

3&4 Step forward left, pivot $\frac{1}{2}$ turn right and step right next to left, step forward left

1&2 Rock forward right, rock back left, step right next to left

3&4 Rock forward left, rock back right, step left next to right

1&2 Step right to right, pivot $\frac{1}{4}$ turn left and step left next to right, step forward right

3&4 Step forward left, pivot $\frac{1}{2}$ turn right and step right next to left, step forward left

1&2 Cross right over left, step left to left, cross right over left (shuffle)

3&4 Cross left over right, step right to right, cross left over right (shuffle)

- 1&2** Touch right toe to right, step right next to left, touch left toe to left
- 3&4** Take left toe off the ground and touch left again, step left next to right, touch right toe to right
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- 1&2** Cross right over left, twist on balls of both feet $\frac{1}{2}$ turn left, twist $\frac{1}{4}$ turn right on balls of both feet
- 3&4** Step back on right, step left next to right, step forward on right
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- 1&2** Touch left heel forward, slap outside of left foot with left hand, touch left heel forward
- 3&4** Step back on left, step right next to left, step forward on left
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- 1&2** Step slightly back on right, step left next to right, step forward right
- 3&4** Step slightly back on left, step right next to left, step forward left
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- 1&2** Step forward right, pivot $\frac{1}{2}$ turn left transferring weight to left, step forward right
- 3&4** Step forward left, pivot $\frac{1}{2}$ turn right transferring weight to right, step forward left

REPEAT