

One Minute

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Count: 64 **Wall:** 2 **Level:** Intermediate

Choreographer: Jean-Pierre Madge (FR) Sept 2015

Music: One Minute Man by Missy Elliott

#1: Coaster Step, Ball Step ¼ Turn, Ball Step ¼ turn, Ball Side Rock

- 1&2 Coaster step R, L, R
- &3-4 Ball step L forward, Step R forward, ¼ L (weight on R)
- &5-6 Ball step L next to R, Step R forward, ¼ L (weight on L)
- &7 Step R next L, Rock L to L
- 8 Recover on R

#2: Cross, ¼ Turn, Shuffle ¼ Turn, Rocking Chair, Out-Out In

- 1-2 Cross L over R, ¼ R step R forward
- 3&4 Shuffle L, R, L ¼ to R
- 5&6& Rock R forward, recover, Rock R back, recover
- 7& Step R out, Step L out
- 8 Pull both feet together

#3: Swivel Toes Heels Out, Bend Knees, Bump Up Twice R, Bend Knees, Bump Up Twice L, Bend Knees, Cross, Side Rock

- 1&2 Both toes out, Both heels out, bend knees
- &3-4 Two hips bump R, Come back to the middle
- &5-6 Two hips bump L, Come back to the middle
- 7&8 Cross L over R, Rock R to R, Recover on L

#4: Weave L, Cross Shuffle ¼, ½ L, Step, Hitch Twice Kick Twice

- 1&2& Cross R over L, Step L to L, Cross R behind L, Step L to L
- 3&4 Cross R over L, L to L, ¼ L Step R forward
- 5-6 Pivot ½ L (weight on L), Step R forward
- 7& Hitch twice L knee (Keep it up)
- 8& Kick twice L (Keep it up)

#5: Fwd Rock, Side Rock, Behind Side Cross, Fwd Rock, Side Rock, Behind, Swivel Heels

- 1&2&** Rock L forward, recover, Rock L to L, recover
- 3&4** Step L behind R, Step R to R, Cross L over R
- 5&6&7** Rock R forward, recover, Rock R to R, recover, Step R back
- &8** Swivel both heels to L, recover (weight on the R)

#6: Anchor Step, Anchor Step, Back, ½ R , Step, ¼ R

- 1&2** Anchor step L, R, L moving back
- 3&4** Anchor step R, L, R moving back
- 5-6-7** Step L back, ½ R Step R forward, Step L forward
- &8** Swivel legs & lower body ¼ R, Swivel upper body & head ¼ R

#7: Sideways “Moonwalks” R, Sideways “Moonwalks” L with 1/4 Turn L

- 1-2** Drag L next to R, Push R to R,
- 3-4** Drag L next R, Push R to R and Rock
- 5-6** Push L to L, Drag R next L
- 7-8** Push L to L, ¼ L Drag R next L

#8: Kick & Jump 2x , Step ¼ Turn Together, Up , Hold , Down Down Down

- 1&2** Kick R to R diagonal, Prepare to jump, Jump to R diagonal with feet together
- 3&4** Kick L to L diagonal, Prepare to jump, Jump to L diagonal with feet together
- 5&6&** Step R forward, Pivot ¼ L, R next to L, Heels up
- 7** Hold
- &8&** Drop heels, Bend knees a little, Bend knees a little more (weight on L)

Hope you enjoy this dance!