

# One Dance

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**Count:** 64      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Linda Burgess - Sydney - Australia. June 2016

**Music:** Little Big Town - One Dance. Album: Wanderlust (3.19 mins - iTunes)

**Intro: 40 counts. (No Tags Or Restarts) Dance turns Anticlockwise direction.**

**[1-8] STEP HIP X 3, TOGETHER & HIP X 3, STEP HIP X 3, TOGETHER & HIP X 3**

**1&2,3&4** Step R to R & push hips R, push hips L, push hips R, step L beside R & push hips L, push hips R, push hips L

**5&6,7&8** Repeat the last 4 counts above (12.00)

**[9-16] SIDE/ROCK, REPLACE, CROSS, SHUFFLE, ¼ DRAG, BALL, CHANGE**

**1,2,3&4** Rock/step R to R side, replace weight to L, cross/step R over L, step L to L, cross/step R over L

**5,6,7&8** Turn ¼ R & take a big step back on L, drag R towards L over 2 counts (6,7), step back on R ball of foot, replace weight to L (3.00)

**[17-24] WALK, WALK, BALL, CHANGE, FWD, WALK, WALK, BALL, CHANGE, FWD**

**1,2&3,4** Step/walk fwd R, step/walk fwd L, step back R on ball of foot, replace weight to L, step fwd R

**5,6&7,8** Step/walk fwd L, step/walk fwd R, step back L on ball of foot, replace weight to R, step fwd L (3.00)

**[25-32] PIVOT ½ TURN, SHUFFLE FWD, FULL TURN, FWD, TOUCH**

**1,2,3&4** Step fwd R, pivot ½ turn L, shuffle fwd R,L,R (9.00)

**5,6,7,8** Turn ½ R & step back L, turn ½ R & step fwd R, step fwd L, touch R beside L (9.00)

**[33-40] SIDE, TOUCH BEHIND, SIDE, TOUCH BEHIND, FWD HIP X 3, FWD HIP X 3**

**1,2,3,4** Step R to R, cross/touch L toe behind R, step L to L, cross/touch R toe behind L (optional bend knees on count 2 & 4) (9.00)

**5&6,7&8** Step fwd R & push R hip fwd, push L hip back, push R hip fwd, step fwd L & push L hip fwd, push R hip back, push L hip fwd (9.00)

**[41-48] FWD, ½ BACK, R COASTER, SIDE ROCK, REPLACE, ¼ ¼ SIDE**

**1,2,3&4** Step fwd R, turn ½ R & step back L, step back R, step L beside R, step fwd R (3.00)

**5,6,7&8** Rock/step L to L, replace weight to R, cross/step L over R, turn  $\frac{1}{4}$  L & step back R, turn  $\frac{1}{4}$  L & step L to L side (9.00)

**[49-56] CROSS/ROCK, REPLACE, SIDE SHUFFLE, CROSS/ROCK, REPLACE  $\frac{1}{4}$  SHUFFLE**

**1,2,3&4** Cross/step R over L, replace weight to L, step R to R, step L beside R, step R to R (9.00)

**5,6,7&8** Cross/rock L over R, replace weight to R,  $\frac{1}{4}$  turn L & step fwd L, step R beside L, step fwd L (6.00)

**(Optional triple full turn R on counts 3&4, and 1&1/4 triple turn L on counts 7&8)**

**[57-64] MAMBO FWD, MAMBO BACK, PIVOT  $\frac{1}{2}$  TURN, STEP FWD ,  $\frac{1}{4}$  STEP FWD**

**1&2,3&4** Rock/step fwd R, replace weight to L, step back R, rock/step back L, replace weight to R, step fwd L (6.00)

**5,6,7,8** Step fwd R, pivot  $\frac{1}{2}$  turn L, step fwd R, turn  $\frac{1}{4}$  L & step fwd. (9.00)

**Begin again.!!**

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