

# ONE OFF

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**Count:** 64      **Wall:** 2      **Level:** —

**Choreographer:** Anita Moorh

**Music:** Uptown Girl by Westlife

## **BACK RIGHT. SHUFFLE BACK LEFT. SHUFFLE, KICK RIGHT, KICK LEFT, KICK RIGHT, TOUCH RIGHT TO RIGHT SIDE**

- 1&2** Shuffle back right, left, right  
**3&4** Shuffle back left, right, left  
**5&6** Kick right over left, step on right, kick left over right, step on left  
**7** Touch right foot over left  
**8** Touch right foot to right side

## **RIGHT MONTEREY, RIGHT HEEL, LEFT HEEL, (REPEAT) ½ SHUFFLE TURN LEFT**

- 9&10** Half Monterey turn to right  
**11&12&** Touch right heel forward, in place, touch left heel forward, in place  
**13&14&** Repeat steps 11&12&  
**15&16** Shuffle half turn, turning left

## **FULL TURN, LEFT ROCK & CROSS RIGHT ROCK & CROSS, ¼ PIVOT TURN LEFT**

- 17&18** Full turn turning left  
**19&20** Side rock to right, cross right over left  
**21&22** Side rock to left, cross left over right  
**23-24** Step forward right ¼ pivot turn to left

## **SYNCOPATED JAZZ BOX, HALF TURN LEFT ROCK FORWARD RIGHT, ROCK BACK LEFT**

- 25&26** Syncopated jazz box, cross right over left, step back right, step back left  
**27-28** Cross left foot behind right, unwind half turn to left  
**29-30** Rock forward on right, rock back on left  
**31-32** Right sailor shuffle ¼ turn right

## **LEFT FORWARD, RIGHT BACK, LEFT COASTER STEP. RIGHT. SIDE SHUFFLE CROSS ROCK**

- 33-34** Rock forward left, rock back right

- 35-36** Left coaster step
- 37&38** Side right shuffle, right, left right
- 39-40** Cross left over right, rock back right

### **SIDE LEFT, SHUFFLE, CROSS ROCK, FULL TURN TO RIGHT**

- 41&42** Side left shuffle, left, right, left
- 43-44** Cross rock, right over left, rock back left
- 45-47** Full turn turning to right side stepping right, left, right
- 48** Step left next to right

### **PIVOT ½ TURN LEFT (REPEAT) CROSS LEFT BEHIND RIGHT, ROCK & CROSS SHUFFLE**

- 49-50** Step forward right, pivot ½ turn left
- 51-52** Same as 49-50
- 53-54** Step right to right side, cross left behind right
- 55-56** Rock right to right side, rock back on left

### **CROSS SHUFFLE, ROCK LEFT, KICK, CROSS SWIVEL**

- 57&58** Cross right over left, shuffle to left
- 59-60** Rock left to left side, rock back on right
- 61-62** Kick left foot diagonally to left cross left foot over right
- 63&64** Place right toe next to left instep (with toes pointing left) swivel both heels right and back to center

### **REPEAT**