

One Love / One Life

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Count: 32 **Wall:** 2 **Level:** Intermediate

Choreographer: Scott Schrank - July 2015

Music: One by Anastacia [CD: It's A Man's World] iTunes

Intro:16 Counts (11 Seconds In)

Phrasing: 2 Restarts after 16 counts, One 4 Count Tag

(32-32-16-32-32-16-32-32-32-Tag-32-32 W/Ending

[1-8] ROCK, RECOVER, BALL-STEP-PIVOT 1/2, 1/4 SWEEP, BEHIND-SIDE-CROSS, 1/4 SWEEP

- 1-2&** Rock step R foot forward (1), Recover weight to L foot (2), Step ball of R foot slightly back (&)
- 3-4** Step L foot forward (3), Pivot 1/2 turn right on balls of feet (4) (Weight the R foot) [6:00]
- 5** Make 1/4 turn right stepping L foot left while sweeping R foot behind L foot (5) [9:00]
- 6&7** Step R foot behind L foot (6), Step L foot left (&), Cross R foot over L foot (7)
- 8** Make 1/4 turn right stepping L foot back while sweeping R foot back (8) [12:00]

[9-16] ROCK BACK, RECOVER, STEP-PIVOT-CROSS, 1/4 RIGHT, 1/2 RIGHT, CHASSE 1/2 TURN

- 1-2** Rock back on R foot (1), Recover weight to L foot (2)
- 3&4** Step R forward (3), Pivot 1/4 turn left on balls of feet (&), Cross R over L (4) [9:00]
- 5-6** Step L foot back while making 1/4 turn right (5), Make 1/2 turn right on ball of L foot stepping R foot forward (6) [6:00]
- 7&8** Step L forward (7), Pivot 1/2 turn right on balls of feet (&), Step L forward (8) [12:00]

(Restart here during 3rd and 6th rotations. You will be facing 12:00 both times)

[17-24] SWEEP, CROSS-BACK-SWEEP, BEHIND-TURN-SIDE, BEHIND-CROSS-SWAY, FLICK

- 1-2&** Step R foot forward while sweeping L over R (1), Cross step L foot over R foot (2), Make 1/4 turn left stepping R foot back (&) [9:00]
- 3-4&** Step back on L foot while sweeping R foot behind L foot (3), Step down on ball of R foot left (4), Make 1/4 turn left stepping slightly forward on L foot (&) [6:00]

- 5-6&** Step R foot right (5), Step ball of L behind R foot (6), Cross step R foot over L foot (&)
- 7-8** Step L foot left while swaying hips over L foot (7), Sway hips over R foot while flicking L foot behind R foot (8) [6:00]

[25-32] SIDE-TOGETHER-TURN, MAMBO-1/4 SWEEP, COASTER STEP, PIVOT 1/2 TURN

- 1&2** Step L foot left (1), Close R next to L foot (&) Make 1/4 turn left stepping L foot forward (2) [3:00]
- 3&4** Rock R foot forward (3), Replace weight to L foot (&), Step R foot back while sweeping L foot around making 1/4 turn left (4) [12:00]
- 5&6** Step L foot back (5), Step R foot next L foot (&), Step L foot forward (6)
- 7-8** Step R foot forward (7), Pivot 1/2 turn left on balls of feet (8) [6:00]

Start the dance again!!

TAG: After the 9th rotation of the dance (Including the 2 Restarts) add the following 4 1/2 counts:

- 1-2&** Step R foot forward (1), Lock L foot behind R foot (2), Step R foot forward (&)
- 3-4&** Step L foot forward while sweeping R foot 1/2 turn right (3), Rock R foot back (4), Step L foot slightly forward (&) (You will be facing 12:00)

To finish the dance, do a slow turn stretching out the last 2 counts of the dance to face 12:00

Last Update - 6th June 2016