

# One Dance

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**Count:** 32      **Wall:** 2      **Level:** Beginner

**Choreographer:** Lois Klender (7/27/2016)

**Music:** One Dance by Little Big Town

## #40 count intro, No Tags or Restarts

### STEP-KICK, ROCK-RECOVER (2xs)

- 1-2      Step right next to left, kick left forward
- 3-4      Rock left back, recover right
- 5-6      Step left next to right, kick right forward
- 7-8      Rock right back, recover left

### TRIPLES BACK, V-STEP

- 1&2      Triple back: right-left-right
- 3&4      Triple back: left-right-left

**5-8V-Step: step right forward, left forward about shoulder length apart, step right back and step left back next to right**

### STEP RIGHT-PIVOT $\frac{1}{4}$ , HEEL-FLICK, TRIPLE FORWARD, GRIND $\frac{1}{4}$ TURN

- 1-2      Step right forward, pivot  $\frac{1}{4}$  turn left (taking weight on left) 9:00
- 3-4      Touch right heel forward, flick right back
- 5&6      Triple forward: right-left-right
- 7-8      Grind left heel  $\frac{1}{4}$  turn left, weight staying on your right (6:00)

### TRIPLE BACK, ROCK-RECOVER, STEP FORWARD-DRAG

- 1&2      Triple back: left-right-left
- 3-4      Rock right back, recover left
- 5-6      Step right forward on diagonal, drag left up to right (not taking weight)
- 7-8      Step left forward on diagonal, drag right up to left (not taking weight)

**REPEAT!**

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