

Ichi-Ban

32 count, 4 wall, beginner/intermediate level
Choreographer: Jolene Pearly Vun (Malaysia)
Feb 2004

Choreographed to: No.1 by Seiko Matsuda, Albumn:
Citron

Start 16 counts after the heavy beat

SAILOR STEP (TWICE), HEEL, STEP , HEEL, POINT

- 1 & 2 Cross RIGHT behind left, step LEFT to left side, step RIGHT to place
- 3 & 4 Cross LEFT behind right, step RIGHT to right side, step LEFT to place
- 5 - 6 Touch RIGHT heel diagonally forward, step RIGHT beside left
- 7 - 8 Touch LEFT heel diagonally forward, touch LEFT beside right

HIP BUMPS TO LEFT, HIP BUMPS TO RIGHT, BACK MAMBO, RIGHT MAMBO

- 1 & 2 Point LEFT to left, step down on LEFT (Hip bumps left, right, left)
- 3 & 4 Point RIGHT to right, step down on RIGHT (Hip bumps right, left, right)
- 5 & 6 Rock back on LEFT, recover on RIGHT, step LEFT beside right
- 7 & 8 Rock RIGHT to right, recover on LEFT, step RIGHT beside left

KICK, CROSS, POINT TO SIDE (TWICE), BACK MAMBO, PIVOT 1/4 TURN LEFT

- 1 & 2 Kick LEFT forward, cross LEFT over right, point RIGHT to right
- 3 & 4 Kick RIGHT forward, cross RIGHT over left, point LEFT to left
- 5 & 6 Rock back on LEFT, recover on RIGHT, step LEFT beside right
- 7 & 8 Step forward on RIGHT, recover on LEFT with 1/4 turn left, step RIGHT beside left
(Facing 09:00)

TOE STRUT FORWARD (TWICE), FORWARD MAMBO, 1/2 TURN RIGHT, STOMP

- 1 - 2 Step forward on LEFT toe, drop heel taking weight
- 3 - 4 Step forward on RIGHT toe, drop heel taking weight
- 5 & 6 Rock forward on LEFT, recover on RIGHT, step back on LEFT
- 7 - 8 Step forward with 1/2 turn right, stomp LEFT beside right

Specially dedicated to Mr. & Mrs. Ng Min Chin from Penang Waterfall Line Dance Group
