

## Just One Dance

64 Count, 2 Wall, Improver

Choreographer: Karen Hannaford & Phoenix Adamson (NZ)  
July 2014Choreographed to: Just One Dance by Caro Emerald.  
Album: Deleted Scenes From The Cutting Room Floor

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**Intro: 48 counts****1-8 SWAY, ¼ HOOK, SHUFFLE FWD, ½ PIVOT, ½ SHUFFLE**

- 1,2 Sway R to right side, recover weight to L turning ¼ right & hooking R across left 3:00  
3&4 Step R fwd, step L beside right, step R fwd  
5,6 Step L fwd, pivot ½ taking weight on R 9:00  
7&8 Turn ¼ right stepping L to side, step R tog, turn ¼ right and step L back 3:00

**9-16 ROCKING CHAIR, BACK, ½, ¼, TOUCH**

- 1,2,3,4 Rock back on R, recover weight to L, rock fwd on R, recover weight to L  
5,6,7,8 Step R back, turn ½ left and step L fwd, turn ¼ left and step R to side, drag L towards right and tap beside 6:00

**17-24 SIDE, BEHIND, SIDE, TAP, OUT – OUT, TAP, SIDE, TAP**

- 1,2,3,4 Step L to left side, step R behind left, step L to left side, tap R by left  
&5 Step R to right side, step L to left side  
6,7,8 Tap R next to left, Step R to side, tap L next to right

**25-32 CROSS, HOLD, CROSS, HOLD, COASTER STEP, SIDE, TOGETHER**

- 1,2,3,4 Walk fwd L, hold(snap fingers), walk fwd R, hold(snap fingers)  
5&6 Step L fwd, step R together, step L back  
7,8 Step R to side, step L next to right

**33-40 SIDE ROCK, RECOVER, HEEL GRIND, COASTER STEP, POINT, FLICK**

- 1,2 Rock R to side, recover weight to L  
3,4 Touch R heel fwd with toes turned in, turn toes out keeping weight on left  
5&6 Step R back, step L beside right, step R fwd  
7,8 Point L to left side, flick L foot up behind right knee

**41-48 SIDE SWITCHES, ¼, PIVOT ¾**

- 1&2 Point L to side, step L together, point R to side  
3,4,5 Step R behind left, turn ¼ left and step L fwd, step R fwd 3:00  
6,7,8 Pivot ¾ left keeping weight on L, step R to side, step L behind R 6:00

**\*Restart here wall 2****49-56 SIDE ROCK, CROSS SAMBA, ¼ JAZZ SQUARE, SCUFF**

- 1,2,3&4 Rock R to side, recover to L, Cross R over left, step L to side, step R in place  
5,6,7,8 Cross L over right, step R back, turn ¼ left and step L to side, scuff R fwd 3:00

**57-64 CROSS ROCK, SIDE, CROSS ROCK, ¼, ½ PIVOT**

- 1,2,3 Cross rock R over left, recover weight to L, step R to side  
4,5,6 Cross rock L over right, recover weight to R, turn ¼ left and step L fwd 12:00  
7,8 Step R fwd, pivot ½ L taking weight on left. 6:00

**RESTART: WALL 2: Restart after count 48 (facing 12:00)****PAUSE: WALL 5: After count 32 there is a 4 count pause.****Touch R toe behind left and continue from count 33 when the music resumes facing 6:00**