

Website: www.linedancerweb.com

Email: admin@linedancerweb.com

## and1 (and One)

## **BEGINNER**

48 Count

Choreographed by: Holly Susan (Boots) Groeschel Choreographed to: Men In Black by Will Smith

SYNCOPATED BALL CHANGES: BACK, SIDE, FRONT, SIDE & Stepping back on ball of right 1 Weight steps on left & Stepping to the side on the ball of right 2 Weight steps on left & Stepping to the front on ball of right 3 Weight steps on left Stepping to the side on ball of right & 4 Weight steps on left SLIDE WITH BODY ROLL, KICK BALL CHANGE 5 Step right sliding the right on the floor/roll body right (fluid motion) 6 Touch left next to right 7 Kick left forward Weight on ball of left & 8 Step on right SYNCOPATED TAPS: BACK, SIDE, FRONT, SIDE & Stepping back on ball of left Weight steps on right 9 Stepping to the side on the ball of left & Weight steps on right 10 & Stepping to the front on ball of left 11 Weight steps on right & Stepping to the side on ball of left 12 Weight steps on right SLIDE WITH BODY ROLL, KICK BALL CHANGE 13 Step left sliding the left on the floor/roll body left (fluid motion) Touch right next to left 14 15 Kick right forward & Weight on ball of right 16 Step on left 1/4 TURN TOUCH WALKS, HIP BUMPS 17 Step right making a 1/4 turn right (facing 3:00) 18 Touch left next to right 19 Step on left making a 1/4 turn left (facing original wall) 20 Touch right next to left Step side with right (shoulder width apart) and push right hip right 21 22 Push right hip right Push right hip right 23 24 Push right hip right /Snap fingers downward throughout counts 21-24 1/4 TURN TOUCH WALKS, HIP BUMPS 25 Step left making a 1/4 turn left (facing 9:00) Touch right next to left 26 Step with right making a 1/4 turn right (facing original wall) 27 Touch left next to right 28 29 Step side left (shoulder width apart) and push left hip left Push left hip left 30 31 Push left hip left 32 Push left hip left

/Snap fingers downward throughout counts 28-32

SYNCOPATED ROMPS

33 34 & 35 & 36	Step right with right Behind with left Step right with right Tap left heel forward / 45 degree angle Bring left next to right Cross right over left
37 38 & 39 & 40	SYNCOPATED ROMPS Step left with left Behind with right Step left with left Tap right heel forward / 45 degree angle Bring right next to left Cross left over right
41 42 & 43 44	SYNCOPATED STOMP AND CLAPS Stomp right moving sideways (towards 3:00) Clap hands Stomp left next to right Stomp right moving sideways (towards 3:00) Clap hands
45 46 47 48	JAZZ BOX, 1/4 TURN AND TOUCH Cross left over right make a 1/4 turn right Step back on right Step side with left Touch right next to left
	REPEAT

Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 \*charged at 10p per minute

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