

Number 1

64 count, 1 wall, intermediate level
Choreographer: William Sevone (Oct 2005)
Choreographed to: Number 1 by Goldfrapp,
Supernature/single (125 bpm)

Choreographers note:- Even though this dance is relatively simplistic in its approach, the fact that its 64 counts lends this dance to those dancers moving from Advanced Beginner to Intermediate Level. Always remember - **'The beat may reach your feet - but the rhythm should electrify your soul'**. Dance starts on the vocals with feet together and weight on the left foot.

3x Diagonal Shuffle. Side Step. ½ Right (6:00)

1& 2 Turn body & step right diagonally forward right, step onto left, step onto right.
3& 4 Turn body & step left diagonally forward left, step onto right, step onto left.
5& 6 Turn body & step right diagonally forward right, step onto left, step onto right.
7 – 8 Step left to left side. Turn ½ right & step right next to left.

3x Diagonal Shuffle. Side Step. ½ Left (12:00)

9& 10 Turn body & step left diagonally forward left, step onto right, step onto left.
11& 12 Turn body & step right diagonally forward right, step onto left, step onto right.
13& 14 Turn body & step left diagonally forward left, step onto right, step onto left.
15 – 16 Step right to right side. Turn ½ left & step left next to right.

Dance note: All above Shuffles: forward movement on first count only

3x Diagonal Step N' Bump-Hip Bump. Side Step. ½ Right (6:00)

17 – 18 Turn body & step right diagonally forward right – bumping hips right. Bump hips right.
19 – 20 Turn body & step left diagonally forward left – bumping hips left. Bump hips left
21 – 22 Turn body & step right diagonally forward right – bumping hips right. Bump hips right.
23 – 24 Step left to left side. Turn ½ right & step right next to left.

3x Diagonal Step N' Bump-Hip Bump. Side Step. ¼ Left (3:00)

25 – 26 Turn body & step left diagonally forward left – bumping hips left. Bump hips left
27 – 28 Turn body & step right diagonally forward right – bumping hips right. Bump hips right.
29 – 30 Turn body & step left diagonally forward left – bumping hips left. Bump hips left
31 – 32 Step right to right side. Turn ¼ left & step left next to right.

Cross Shuffle Left. Chasse Left. ¼ Left Fwd Shuffle. Rock Fwd. Rock (12:00)

33& 34 Cross shuffle left – stepping R.L-R.
35& 36 Chasse left – stepping L.R-L.
37& 38 Turn ¼ left & Shuffle forward – stepping R.L-R.
39 – 40 Rock forward onto left. Rock onto right.

½ Left Fwd Shuffle. Step. ¾ Left Side Step. Cross Shuffle Left. Chasse Left (9:00)

41& 42 Turn ½ left & Shuffle forward – stepping L.R-L.
43 – 44 Step forward onto right. Turn ¾ left & step left to left side.
45& 46 Cross shuffle left – stepping R.L-R.
47& 48 Chasse left – stepping L.R-L.

½ Right Side Step. Cross Rock. Rock. ¼ Left Fwd. Cross-Back Step. Chasse Right (12:00)

49 – 50 Turn ½ right & step right to right side. Cross rock left over right.
51 – 52 Rock onto right. Turn ¼ left & step forward onto left.
53 – 54 Cross step right over left. Step backward onto left.
55& 56 Chasse right – stepping R.L-R.

Cross Rock. Rock. Chasse Left. Cross Rock. Rock. Walk Fwd:R-L (12:00)

57 – 58 Cross rock left over right. Rock onto right.
59& 60 Chasse left – stepping L.R-L.
61 – 62 Cross rock right over left. Rock onto left.
63 – 64 Walk forward: Right. Left.
