



Approved by:

Manu

One Dance, One Rose, One Kiss

4 WALL – 32 COUNTS – BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Touch Out-In-Out, Coaster Step (x 2)		
1 & 2	Touch right to right side. Touch right beside left. Touch right to right side.	Out In Out	On the spot
3 & 4	Step right back. Step left beside right. Step right forward.	Coaster Step	
5 & 6	Touch left to left side. Touch left beside right. Touch left to left side.	Out In Out	
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	
Section 2	Walk Forward x 2, Mambo Step, Walk Back x 2, Coaster Step		
1 – 2	Walk forward right. Walk forward left.	Right Left	Forward
3 & 4	Rock forward on right. Rock back on left. Step right back.	Mambo Step	On the spot
5 – 6	Step left back. Step right back.	Left Right	Back
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	On the spot
Section 3	Step, Pivot 1/4, Cross Shuffle, Side Rock, Cross Shuffle		
1 – 2	Step right forward. Pivot 1/4 turn left. (9:00)	Step Pivot	Turning left
3 & 4	Cross right over left. Step left to left side. Cross right over left.	Cross Shuffle	Left
5 – 6	Rock left to left side. Recover onto right.	Side Rock	On the spot
7 & 8	Cross left over right. Step right to right side. Cross left over right.	Cross Shuffle	Right
Section 4	Toe & Heel Switches, Side Rock, 1/2 Turn, Forward Shuffle		
1 &	Touch right toe to right side. Step right beside left.	Toe &	On the spot
2 &	Touch left toe to left side. Step left beside right.	Toe &	
3 &	Touch right heel forward. Step right beside left.	Heel &	
4 &	Touch left heel forward. Step left beside right.	Heel &	
5 & 6	Rock forward on right. Recover onto left. Turn 1/2 right and step right forward. (3:00)	Rock & Half	Turning right
7 & 8	Step left forward. Close right beside left. Step left forward.	Left Shuffle	Forward
Option	Count 6: Turn 1/4 right and step right forward. 7 & 8: Shuffle step 1/4 turn right.		
Ending	Wall 10: Touch Out-In-Out, Coaster Step 1/4 Turn		
1 & 2	Touch right to right side. Touch right beside left. Touch right to right side.	Out In Out	On the spot
3 & 4	Step right back. Step left beside right. Turn 1/4 left and step right forward.	Coaster Turn	Turning left

Choreographed by: Manu De Meyer (BE) December 2013

Choreographed to: 'One Dance, One Rose, One Kiss' by The Refreshments from CD It's Gotta Be Both Rock 'n' Roll - Best of The Refreshments; download available from amazon or iTunes (start on vocals)