

## One For One

32 count, 2 wall, beginner/intermediate level  
Choreographer: Sophie Turner (UK) June 04  
Choreographed to: Songbird by Eva Cassidy from the  
album Songbird, bpm 88

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24 count intro

**Syncopated weave, step back, back lock step, syncopated cross step to right and point**

- & 1 & 2 Step right across left, step left to left side, step right behind left, step left to left side
- & 3 - 4 Step right across left, step left to left side, step back on right
- 5 & 6 Step back on left, lock right in front of left, step back on left
- & 7 - 8 Step to side on right, cross left in front of right, point right to right side

**¼ turn, point, heel ball point, repeat**

- 9 - 10 Step forward on right making a ¼ turn to right, point left toe to left side
- 11 & 12 Dig left heel forward, step left in place, point right toe to right side
- 13-14 Step forward on right making a ¼ turn to right, point left toe to left side
- 15 & 16 Dig left heel forward, step left in place, point right toe to right side

**Step forward, ronde, left shuffle forward, step back and drag, syncopated vine to left**

- 17 - 18 Step forward on left, ronde forward with left foot
- 19 & 20 Left shuffle forward - left right left
- 21 - 22 Step back on right, drag left next to right
- & 23 - 24 Step to side on left, cross right behind left, step to side on left

**Step tap and shuffle, syncopated vine and cross step to right**

- 25-26 Step forward on right, tap left toe behind right heel
  - 27 & 28 Left shuffle forward - left right left
  - 29-30 Step right to right side, cross left behind right
  - & 31 - 32 Step on to ball of right foot, cross left in front of right, point right toe to right side
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