

One For One

32 count, 2 wall, intermediate level

Choreographer: Sophie Turner (UK) June 2004

Choreographed to: Songbird by Eva Cassidy
(88 bpm)

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

1/4 turn, point, heel ball point, repeat

9 – 10 Step forward on right making a 1/4 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 1/4 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