

One Life

48 Count, 2 Wall, Intermediate

Choreographer: Ann-Kristin Sandberg (Norway) May 2013
Choreographed to: One Life by Madcon Feat. Kelly Rowland
(length:3.30) single (iTunes)

Start dancing after 32 c (21 sec)

1 Rock step-Weave-Rock step-Step back-Beside-Touch heel-Beside-Step

- 1-2 Step right foot to right side, Recover onto left foot
- 3&4 Cross right foot behind left foot, Step left foot to left side, Cross right foot in front of left foot
- 5-6 Step left foot to left side, Recover onto right foot
- 7&8& Step left foot back, Step right foot beside left, Touch left heel forward, step left foot next to right

2 Walk x 2-Shuffle-Step-1/4 turn-Cross step-Touch-Step

- 1-2 Step right foot forward, Step left foot forward
- 3&4 Step right foot forward, Step left next to right, Step right foot forward
- 5-6 Step left foot forward, 1/4 turn right stepping right to right side (facing 03.00)
- 7& Cross left foot in front of right, Step right foot to right side
- 8& Touch left heel forward, Step left foot next to right

3 Walk x 2-Rock step-1/2 turn-1/2 turn-1/4 turn-Cross-Step-Recover-Cross

- 1-2 Step right foot forward, Step left foot forward
- 3&4 Step right foot forward, Recover onto left foot, 1/2 turn right stepping right foot forward(09.00)
- 5-6 1/2 turn right stepping left foot back, 1/4 turn right stepping right foot to right side (facing 06.00)
- 7& Cross left foot in front of right, Step right foot to right side,
- 8& Recover onto left foot, Cross right foot in front of left foot

4 Rock step-Chasse-Rock step-Side-Rock step-Side

- 1-2 Step left foot to left side, Recover onto right foot
- 3&4 Step left foot to left side, Step right foot next to left foot, Step left foot to left side
- 5&6 Step back on right foot, Recover onto left foot, step right foot to right side
- 7&8 Step back on left foot, Recover onto right foot, Step left foot to left side

5 Step-1/2 turn-Step-1/2 turn-Touch-Back-Touch-Coaster step

- 1-2 Step right foot forward, 1/2 turn left stepping left foot forward(facing 12.00)
- 3-4 Step right foot forward, 1/2 turn left touching left toe forward (weight on right)(facing 06.00)
- 5-6 Step back on left foot, Touch right toe forward
- 7&8 Step back on right foot, Step left foot next to right, Step right foot forward

6 Step-Touch-Step-Touch-Walk back x 2-Coaster step

- 1-2 Step left foot forward, Touch right toe next to left foot
- 3-4 Step right foot forward, Touch left toe next to right foot
- 5-6 Step left foot back, step right foot back
- 7&8 Step left foot back, Step right foot next to left foot, Step left foot forward

RESTART: Wall 5 : Dance 32 first count & start again (facing 06.00)

Enjoy!!