

One Love

48 Count, 1 Wall, Intermediate
Choreographer: Michael Barr (USA) Feb 2009
Choreographed to: One Love by
The Amazing Rhythm Aces

Intro: 32 counts

1. SUGAR PUSH, WALK, WALK, TRIPLE STEP, TRIPLE STEP, ROCK RETURN

1-2 Step right forward, step left forward
3&4 (Turn slightly right) triple in place right, left, right (square up)
5&6 (Turn slightly left) triple in place left, right, left (square up)
7-8 Rock right back, recover to left

2. WALK, WALK, TRIPLE STEP, TRIPLE TURN ½ LEFT, TURN ¼ LEFT, SLIDE TOUCH

1-2 Step right forward, step left forward
3&4 (Turn slightly right) triple in place right, left, right (square up)
5&6 Turn ¼ left and step left to side, step right together, turn ¼ left and step left forward
7-8 Turn ¼ left and large step right to side, slide/touch left together (3:00)

3. BALL CHANGE CROSS, SIDE ROCK RETURN CROSS, SIDE, BEHIND SIDE CROSS, SIDE

&1-2 Step left slightly diagonally back, step right in place, step left forward
3&4 Rock right to side, recover to left, cross right over left
5 Step left to side
6&7 Cross right behind left, step left to side, cross right over left
8 Step left to side

4. TOUCH, HOLD, BALL CROSS SIDE CROSS, SIDE TOUCH HOLD, BALL CROSS SIDE CROSS

1-2 Touch right together, hold (or kick for a variation)
&3&4 Step right slightly back, cross left over right, step right to side, cross left over right
5-6 Touch right to side, hold (or kick for a variation)
&7&8 Step right slightly back, cross left over right, step right to side, cross left over right

5. ¼ RIGHT, TOUCH, ½ RIGHT, KICK, COASTER STEP, FORWARD, HITCH

1-2 Turn ¼ right and step right forward, touch left together (6:00)
3-4 Turn ½ right and step left back, kick right forward (12:00)
5&6 Step right back, step left together, step right forward
7-8 Step left forward, hitch right knee

6. BALL CHANGE FORWARD TWICE, STEP RIGHT TO SIDE WITH RIGHT HIP WAG, BACK STEP

&1-2 Step right slightly diagonally back, step left in place, step right forward
&3-4 Step left slightly diagonally back, step right in place, step left forward
5&6&7&8 Step right to side and push hips side right & left for 4 counts (hip & hip & hip & hip) (weight to right)
& Step left back
Skip that last '&' count if going into the Tag

TAG: At the end of walls 1 & 3

SAILOR STEP TWICE, SWAY LEFT, SWAY RIGHT

1&2 Cross left behind right, step right to side, step left to side
3&4 Cross right behind left, step left to side, step right to side
5-6 Sway body left, hold (you can do a body roll left if that fits for you)
7-8 Sway body right, hold (you can do a body roll right if that fits for you)

REPEAT, SAILOR STEP TWICE, SWAY LEFT, SWAY RIGHT

1&2 Cross left behind right, step right to side, step left to side
3&4 Cross right behind left, step left to side, step right to side
5-6 Slow sway of hips to left, hold (weight to left, you can do a body roll left if that fits for you)
7-8 Slow sway of hips to right, hold (weight to right, you can do a body roll right if that fits for you)
& Step left back