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One Man Woman

96 count, 4 wall, intermediate level

Choreographer: Dale Marc Turner (UK) Nov 2005
Choreographed to: Just Once by David Lee Murphy

Start: 4 Counts from after he sings just once

RF HEEL HOOK, RIGHT SHUFFLE, LF HEEL HOOK, LEFT SHUFFLE

1-2 Dig right heel forward, hook RF in front of left leg
3-4 Step forward on RF, step LF beside RF, step forward RF
5-6 Dig left heel forward, hook LF in front of right leg
7-8 Step forward on LF, step RF beside LF, step forward LF

RF FORWARD ROCK, 1/2 TURN SHUFFLE RIGHT, PIVOT 1/2 TURN THEN 1/4 TURN BOTH RIGHT, END WITH RF TAP

1-2 Rock forward on RF, recover on to LF
3-4 Shuffle 1/2 turn right stepping R, L, R
5-6 Step forward on LF turn 1/2 right, replace weight on RF
7-8 Step LF forward turning 1/4 right, touch right toe beside LF

TOE TOUCHES, RF COASTER STEP, TOE TOUCHES, LF COASTER STEP

1-2 Touch right toe forward, touch right toe to right side
3-4 Step back on RF, close LF to RF, step RF forward
5-6 Touch left toe forward, touch left toe to left side
7-8 Step back on LF, close RF to LF, step LF forward

JUMP FEET APART THEN BACK TOGETHER, KICK RF X2, VINE RIGHT

1-2 Jump both feet apart simultaneously then jump them back together
3-4 Kick RF forward x2
5-6 Step RF to right side, step LF behind RF
7-8 Step RF to right side, touch LF next to RF
(VINE CAN BE A ROLLING VINE)

JUMP FEET APART THEN BACK TOGETHER, KICK LF X2, VINE LEFT

1-2 Jump both feet apart simultaneously then jump them back together
3-4 Kick LF forward x2
5-6 Step LF to left side, step RF behind LF
7-8 Step LF to left side, touch RF next to LF
(VINE CAN BE A ROLLING VINE)

1/2 MONTEREY TURN RIGHT, 1/4 MONTEREY TURN RIGHT

1-2 Point RF to right side, close RF to LF turning 1/2 right
3-4 Point LF to left side, close LF to RF
5-6 Point RF to right side, close RF to LF turning 1/4 right
7-8 Point LF to left side, close LF to RF

RF CHARLESTON, LF CHARLESTON

1-4 Point right toe forward, hold, step back on RF, hold
5-8 Point left toe back, hold, step forward on LF, hold

RF SHUFFLE (SLOW), STEP LF FORWARD, CIRCLE HIPS

1-4 Step RF forward, step LF beside RF, step RF forward
5-8 Step LF forward as you start to circle hips x2 to left

WALK BACK X3, HITCH LF, WALK BACK X3, HITCH RF

1-4 Walk back R, L, R hitch left leg forward
5-8 Walk back L, R, L hitch right leg forward

STEP BACK, KICK, STEP BACK, KICK, RF COASTER STEP SCUFF

1-2 Step back on RF, kick LF forward, step back on LF kick RF forward
5-8 Step back on RF, step LF back next to RF, RF forward, scuff LF

1/4 TURN RIGHT, VINE TO LEFT, 1/2 TURN LEFT, HITCH, VINE TO THE RIGHT

1-4 Step LF to left side turning 1/4 turn right, step RF behind LF, step LF to left turning 1/2 turn on ball of LF while hitching RF

5-8 Step RF to right side, step LF behind RF to right side

UNWIND FULL TURN TO RIGHT, HEEL SWITCHES X3, CLAP

1-4 Cross LF over RF, unwind full turn to right ending with weight on LF

5-6 Dig right heel forward, close RF to LF, dig left heel forward, close LF to RF

7-8 Dig right heel forward, clap