

One Shot

32 Count, 4 Wall, Intermediate
Choreographer: Emcee (UK) Feb 2010
Choreographed to: One Shot by JLS

FWD ROCK, RECOVER, BACK, SLIDE, ROCK OUT RECOVER, CROSS ROCK, SLIDE

- 1,2,3,4 Rock fwd on R, recover on L, step R back, slide L across R toe
5,6,7,8 Rock L to left side, recover on R, rock L over R, sweep R toe back
Restart here on wall 4

BACK, TOUCH, FWD, TOUCH, LOCK STEPS BACK SWEEP

- 1,2,3,4 Step R back, touch L in front of R, step L fwd, touch R behind L
5,6,7,8 step R back, lock L over R, step R back, sweep L out to left

ROCK BACK, RECOVER, TOE STRUTS X 2 , FULL TURN FWD

- 1,2 Rock back on L lift R toe, recover on R to right diagonal
3,4 Step L toe fwd, heel down
5,6 Swivel 1/4 to left diagonal on L step R toe fwd, heel down
7,8 Overturn 1/4 right (3o/c) step on L, 3/4 right step R fwd

WEAVE, ¼ TURN RIGHT BACK, TOUCH BEHIND, UNWIND ½ turn right, STEP

- 1,2,3,4 Step L to left side, R behind L, step L to left side, cross R over L
5,6,7,8 ¼ turn right step back on L, touch R behind L, unwind 1/2 turn right, step L fwd