



One Thing

Script approved by *Alan G. Birchall*



Alan Birchall

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Kick Ball Step, Skate x2, Kick Ball Change, Point, 1/2 Turn.		
1 & 2	Kick right forward. Step right beside left. Step left forward.	Kick Ball Step	Forward
3 - 4	Skate right forward. Skate left forward.	Skate Skate	
5 & 6	Kick right forward. Step right beside left. Step left beside right.	Kick Ball Change	On the spot
7 - 8	Point right to right side. Turn 1/2 right stepping right beside left.	Point Turn	Turning right
Section 2	Rock Step, Back Shuffle, Back Rock, Full Turn Travelling Forward.		
1 - 2	Rock left forward. Recover onto right.	Rock Step	On the spot
3 & 4	Step left back. Step right beside left. Step left back.	Back Shuffle	Back
5 - 6	Rock right back. Recover onto left.	Back Rock	On the spot
7 - 8	Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward.	Turn Turn	Turning left
Option:-	Replace counts 7 - 8 with Walk forward Right, Left.		
Restart:-	During 5th Wall, restart dance from beginning at this point.		
Section 3	Cross Point x2, Cross, Back, Side, Cross.		
1 - 2	Cross right over left. Point left to left side.	Cross Point	Forward
3 - 4	Cross left over right. Point right to right side.	Cross Point	
5 - 6	Cross right over left. Step left back.	Cross Back	Back
7 - 8	Step right to right side. Step left forward slightly across right.	Side Cross	Forward
Section 4	Right Chasse, Back Rock, Left Chasse 1/4 Turn Right, Back Rock.		
1 & 2	Step right to right side. Step left beside right. Step right to right side.	Side Close Side	Right
3 - 4	Rock left back. Recover onto right.	Back Rock	On the spot
5 & 6	Step left to left side. Step right beside left. Turn 1/4 right stepping left back.	Side Close Turn	Turning right
7 - 8	Rock right back. Recover onto left.	Back Rock	On the spot
Tag:-	Danced At End Of 2nd Wall & End Of 7th Wall:		
	Step 1/2 Pivot Left, x2.		
1 - 2	Step right forward. Pivot 1/2 turn left.	Step Pivot	Turning left
3 - 4	Step right forward. Pivot 1/2 turn left.	Step Pivot	

BEGINNER/INTERMEDIATE

4 Wall Line Dance:- 32 Counts. Beginner/Intermediate.

Choreographed by:- Alan Birchall (UK) November 2004.

Choreographed to:- 'One Thing' (140 bpm) by Pat Green from 'The Lucky Ones' CD, intro: 16 counts from start of heavy beat.

Music Suggestions:- 'Already Gone' (147 bpm) by The Eagles from 'Greatest Hits' CD, start on vocals; 'The Doctor' (144 bpm) by The Doobie Brothers from 'Cycles' CD, start on vocals; no tags or restarts required for these two tracks.