

## One Thing

32 Count, 4 Wall, Improver

Choreographer: Tim Gauci (Aus) Aug 2012

Choreographed to: One Thing by One Direction, CD Single  
(iTunes)

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Begin on vocals 8 beats in

**1-8 FWD, ROCK, TOG, WALK BACK LR, COASTER STEP, KICK BALL STEP 12.00**

12&34 Step R fwd, rock weight back onto L, step R tog (&), walk back L,R

5&67&8 Step L back, step R tog (&), step L fwd, kick R fwd, step R tog (&), step L fwd

**9-16 OUT, OUT, HOLD, TOG, CROSS, HOLD, SIDE, CROSS, SIDE, BEHIND, SIDE, HEEL, TOG 12.00**

&12&34 Step R fwd on R45 (&), step L fwd on L45, hold (optional clap), step R tog (&), cross L over R, hold (optional finger click)

&567&8& Step R slightly to R side (&), cross L over R, step R to R side, step L back and behind R, step R tog (&), touch L heel at L45, step L tog (&)

**17-24 CROSS, ¼, BACK, LOCK, BACK, COASTER STEP, FULL TURN 3.00**

123&4 Cross R over L, making ¼ turn R step L back, step R back, lock L over R (&), step R back

5&67&8 Step L back, step R tog (&), step L fwd, making ½ turn L step R back, making ½ turn L step L fwd (full turn travelling fwd)

**25-32 FWD, ROCK, ½, ¼, SAILOR STEP, SAILOR TURN 9.00**

1234 Step R fwd, rock weight back onto L, making ½ turn R step R fwd, making ¼ turn R step L to L side

5&67&8 Step R behind L, step L slightly to L (&), step R to R, making ¼ turn L sweep L behind R, step R slightly to R (&), step L slightly to L

**Long Tag** – at the end of wall 4 (facing the front) add the following 16 beats; 12.00

123&4 Step R fwd, rock weight onto L, turning full turn R cha cha RLR

567&8 Step L fwd, rock weight onto R, turning full turn L cha cha LRL

12&34 Step R fwd, rock weight back onto L, step R tog (&), walk back L,R

5&67&8 Step L back, step R tog (&), step L fwd, walk fwd R,L

**Short Tag** – at the end of wall 8 (facing the front) add first 8 beats of Long Tag 12.00

**Restart** on wall 10 – dance up to beat 16 restart dance from beginning 9.00