

## Back At One

72 count, 2 wall, intermediate/advanced level  
Choreographer: Roy Thompson (UK) Feb 2007  
Choreographed to: Back At One by Shayne Ward,  
CD: Shayne Ward (66 bpm)

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Start After 1 Beat (On Vocals), Starting On Count 2 Of The Dance  
This Is A Very Quick Start

REMEMBER: \*\*\* START WALL 1 ON STEP 2 OF THE DANCE \*\*\*

### STEP. STEP 1/2 PIVOT. 1/4 SIDE. BEHIND SIDE CROSS. SWAY. BEHIND ¼ FORWARD SIDE

- 1 - 2 & Step Forward On Right, Step Left Forward, Pivot 1/2 Turn Right  
3 1/4 Turn Right Stepping Left To Left Side  
4 & 5 Step Right Behind Left, Step Left To Left Side, Step Right Across Left  
6 - 7 Step Left To Left Side Swaying Left, Sway Right  
8 & 1 Step Left Behind Right, 1/4 Turn Right Stepping Forward On Right, Step Left To Left Side

### BEHIND 1/4 TURN 1/4 TURN. BACK RECOVER SIDE. BACK RECOVER SIDE SIDE.

#### BACK RECOVER SIDE

- 2 & 3 Step Right Behind Left, 1/4 Turn left Stepping Forward On Left ¼ Left  
Stepping Right To Right Side  
4 & 5 Rock Back On Left, Recover On Right, Step Left To Left Side  
6 & 7 & Rock Back On Right, Recover On Left, Step Right To Right Side, Step Left To Left Side  
8 & 1 Rock Back On Right, Recover On Left, Step Right To Right Side

### CROSS SIDE CROSS RECOVER. EXTENDED WEAVE 1/4 TURN. STEP 1/4 PIVOT STEP

- 2 & Cross Left Over Right, Step Right To Right Side  
3 - 4 Cross Left Over Right, Recover On Right  
5 & 6 & 7 Step Left To Left Side, Cross Right Over Left, Step Left To Left Side,  
Step Right Behind Left, 1/4 Turn Left Stepping Forward On Left  
& 8 & Step Forward On Right, Pivot 1/4 Turn Left, Step Forward On Right

### WALK. FORWARD TOGETHER. BACK LOCK BACK. BACK ROCK RECOVER. STEP LOCK STEP.

#### BACK RECOVER

- 1 - 2 & Step Forward On Left, Step Forward On Right, Step Left Next To Right  
3 - 4 & Step Back On Right, Lock Left Over Right, Step Back On Right  
5 - 6 Rock Back On Left, Recover On Right  
7 & 8 Step Forward On Left, Lock Right Behind Left, Step Forward On Left  
& 1 Rock Back On Right, Recover On left

\*\* RESTART POINT \*\*

### BACK. SAILOR 1/2 TURN. SWAY RIGHT LEFT. FORWARD SHUFFLE

- 2 & Step Back On Right, Sweep Left From Front To Back  
3 & 4 Step Left Behind Right, 1/4 Turn Left Stepping Right To Right Side,  
1/4 Turn Left Stepping forward On Left  
5 - 6 Step Right To Right Side Swaying Right, Replace Weight on Left Swaying Left  
7 & 8 Step Forward On Right, Step Left Next To Right, Step Forward On Right

### STEP 1/4 PIVOT. CROSS. SIDE ROCK RECOVER CROSS. LEFT CHASSE. COASTER STEP. TOGETHER

- & 1 - 2 Step Forward On Left, 1/4 Pivot Right, Cross Left Over Right  
3 & 4 Rock Right To Right Side, Recover On Left, Cross Right Over Left  
5 & 6 Step Left To Left Side, Step Right Next To Left, Step Left To Left Side  
7 & 8 & Step Back On Right, Step Left Next To Right, Step Forward On Right,  
Step Left Next To Right

### FORWARD ROCK RECOVER 1/2 TURN. 1/4 SIDE SIDE. CROSS 1/4 BACK SIDE. STEP LOCK STEP. STEP.

- 1 - 2 & Rock Forward On Right, Recover On Left, 1/2 Turn Right Stepping Forward On Right  
3 - 4 1/4 Turn Right Stepping Left To Left Side, Step Right To Right Side  
5 & 6 Cross Left Over Right, 1/4 Turn Left Stepping Back On Right, Step Left To Left Side  
7 & 8 & Step Forward On Right, Lock Left Behind Right, Step Forward On Right, Step Forward On Left

### CROSS SIDE BEHIND. SIDE BACK ROCK RECOVER. SIDE BEHIND 1/4 FORWARD.

#### SPIRAL. FORWARD

- 1 - 2 & Cross Right Over Left, Step Left To Left Side, Step Right Behind Left  
3 & 4 Step Left To Left Side, Rock Back On Right, Recover On Left  
5 - 6 & Step Right To Right Side, Step Left Behind Right, 1/4 Turn Right Stepping Forward On Right  
7 - 8 Stepping Forward On Left Spiral Full Turn Over Right, Rock Forward On Right
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**RECOVER. COASTER STEP. TOUCH. LEFT ROLLING VINE. TOUCH. SIDE TOGETHER.**

**STEP LOCK**

- 1 - 2 Recover On Left, Step Back On Right  
& 3 - 4 Step Left Next To Right, Step Forward On Right, Touch Left Next To Right  
5 & 6 & 1/4 Turn Left Step Left Forward, 1/2 Turn Left Step Back On Right,  
1/4 Turn Left Step Left To Left Side, Touch Right Next To Left  
7 & Step Right To Right Side, Step Left Next To Right  
8 & Step Forward On Right, Lock Left Behind Right  
Note: (Step 1 Of The Dance Completes The Step Lock Step)

**Tag:** 4 Count Tag At End Of Wall 1 (The First Step Of The Tag Completes The Step Lock Step)  
The Dance Starts Again On Count 1

**BACK. ROCK BACK. RECOVER. FORWARD**

- 1 - 2 - 3 - 4 Step Forward On Right, Step Back On Left, Rock Back On Right, Recover On Left,

Restart: On Wall 3 After 33 Counts. Restart Dance (Count for restart should be 7 & 8 & 9 Restart)

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