

The One Thing

64 Count, 4 Wall, Intermediate

Choreographer: Jonathan Williamson (UK) April 2012

Choreographed to: One Thing by One Direction,

CD: Up All Night (128 bpm)

8 count intro, then count 32. Start on second verse on word "Shot"
(18 Seconds from beginning of track)

1 R Cross, Side, Behind Side Cross, L Side, Together, L Chasse, ¼ L Step

- 1-2 Cross right over left, step left to left side
3&4 Step right behind left, step left to left side, cross right over left
5-6 Step left to left side, step right besides left
7&8 Step left to left side, step right besides left, ¼ turn left stepping forward left

2 Step R, ½ Pivot L, R Shuffle, L Rock, L Coaster

- 1-2 Step forward right, ½ pivot left
3&4 Step forward right, step left besides right, step forward right
5-6 Rock forward left, recover weight back on right
7&8 Step back left, step right besides left, step forward left

3 ½ Monterey R, L Point, Cross L, L Point, Sailor ¼ Left, Step R

- 1-2 Touch right to right side, make ½ turn right stepping right next to left
3-4 Point left to left side, cross left over right
5-6& Point left to left side, Sweep left behind right ¼ turning left, Step right besides left
7-8 Step forward left, step forward right

4 Walk L R, L Shuffle, R Rock, R Coaster

- 1-2 Walk forward left, right
3&4 Step forward left, step right besides left, step forward left
5-6 Rock forward right, recover weight back on left
7&8 Step back right, step left besides right, step forward right

5 Step L, ¼ Right, R Cross Shuffle, ¼ Left, ¼ Left, L Cross Shuffle

- 1-2 Step forward left, ¼ turn right
3&4 Cross left over right, step right to right side, cross left over right
5-6 Step back right making ¼ left, ¼ turn left stepping left to left side
7&8 Cross right over left step left to left side, cross right over left

6 L Side, Behind, Side, Cross, L Side, Hold, & Side, Scuff

- 1-2 Step left to left side, step right behind left
3-4 Step left to left side, cross right over left
5-6 Step left to left side, hold
&7-8 Step right besides left, step left to left side, scuff right forward

Restart here wall 2

7 R Jazz Box ¼ Turn x 2

- 1-2 Cross right over left, step back left
3-4 ¼ turn right, stepping right to right side, step forward left
5-6 Cross right over left, step back left
7-8 ¼ turn right, stepping right to right side, step forward left

8 R Rock, R Coaster, L Rock, L Coaster

- 1-2 Rock forward right, recover weight back on left
3&4 Step back right, step left besides right, step forward right
5-6 Rock forward left, recover weight back on right
7-8 Step back left, step right besides left, step forward left

Restarts: wall 2 after step 48.

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