

One Wing

96 Count, 2 Wall, Advanced (Waltz)
Choreographer: Fred Whitehouse (UK) Jan 2016
Choreographed to: One Wing by Jordin Sparks.
Album: Sparkle

Intro – 3 Counts (fast intro)

- S1:** **Step sweep x 2,**
1,2,3 Step LF forward, sweep RF from back to front over 2 counts
4,5,6 Step RF forward, sweep LF from back to front over 2 counts
- S2:** **½ diamond fall away**
1,2,3 Cross LF over R, step RF back diagonal, step LF back diagonal (10.30)
4,5,6 Step RF back, step LF to L squaring up to 9.00, step RF forward diagonal (7.30)
- S3:** **Step sweep x2**
1,2,3 Step LF forward squaring up to 6.00, sweep RF from back to front over 2 counts
4,5,6 Step RF forward, sweep LF from back to front over 2 counts
- S4:** **½ diamond fall away**
1,2,3 Cross LF over R, step RF back diagonal, step LF back diagonal (4.30)
4,5,6 Step RF back, step LF to L squaring up to 9.00, step RF forward diagonal (1.30)
- S5:** **Step point x2**
1,2,3 Step LF forward, point RF to R side (facing diagonal 1.30)
4,5,6 Step RF back, point LF to L side squaring up to 12 (as you look forward at 12.00)
- S6:** **Weave, drag**
1,2,3 Cross LF over R, step RF to R side, step LF behind R,
4,5,6 Step R to R side, drag LF towards R
- S7:** **Drag, ½ twinkle turn**
1,2,3 Step LF to L side, drag RF towards L
4,5,6 Cross RF over L, ¼ turn R stepping LF back (3.00), ¼ turn R stepping RF to R side (6.00)
- S8:** **Step sweep, weave**
1,2,3 Cross LF over R, sweep RF from back to front (6.00)
4,5,6 Cross RF over L, step LF to L side, step RF behind L
- S9:** **Drag x 2**
1,2,3 Step LF to L side, drag RF towards L
4,5,6 Step RF to R side, drag LF towards R making 1/8 turn R finish facing diagonal 7.30
- S10:** **Forward turning basic**
1,2,3 Step LF forward, ¼ turn L stepping RF to R side, ¼ turn L stepping LF back
 (dance on the diagonal)
4,5,6 Step RF back, ¼ turn L stepping LF to L side, ¼ turn L stepping RF forward (7.30)
- RESTART HERE: walls 2 & 4 facing 12.00**
- S11:** **Sway forward, sway back with prep**
1,2,3 Rock forward on LF (over 3 counts)
4,5,6 Recover on to RF (prep body to R)
- S12:** **½ pencil turn L, Full turn forward**
1,2,3 Make ½ turn L placing weight on LF closing RF next to L (pencil turn)
4,5,6 Step forward RF, ½ turn R stepping LF back, ½ turn R stepping RF forward (1.30)
- S13:** **Walk x2**
1,2,3 Walk forward on LF drag R
4,5,6 Walk forward on RF drag L
- TAG during wall 5**
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S14: Forward turning basic
1,2,3 Step LF forward, ¼ turn L stepping RF to R side, ¼ turn L stepping LF back
(dance on the diagonal)
4,5,6 Step RF back, ¼ turn L stepping LF to L side, ¼ turn L stepping RF forward (1.30)

S15: Sway forward, sway back with prep
1,2,3 Rock forward on LF (over 3 counts)
4,5,6 Recover on to RF (prep body to R)

NOTE: On this section of rocks feel free to double clap as you rock forward and double clap as you prep. You will hear the big beats the first 2 times you dance this section but not on the third!

S16: ½ pencil turn L, Full turn forward
1,2,3 Make ½ turn L placing weight on LF closing RF next to L (pencil turn)
4,5,6 Step forward RF, ½ turn R stepping LF back, ½ turn R stepping RF forward (7.30)

To start the dance again square up to 6.00 as you take the first step on LF.

TAG: [18 counts] Happens during wall 5 (AFTER S13)

Monterey point hold, spiral full turn, sweep
1,2,3,4, Step LF forward to 12.00, point RF to R side hold until count 4
5,6 Make full Spiral turn R keeping weight on L, step RF forward sweeping LF from back to front

Monterey point hold, spiral full turn, sweep
1,2,3,4, Step LF forward to 12.00, point RF to R side hold until count 4
5,6 Make full Spiral turn R keeping weight on L, step RF forward sweeping LF from back to front

Walk x2

1-6 Cross LF forward, cross RF forward. (2 slow cross walks)

Hope you enjoy this little waltz