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One Dance

64 Count, 4 Wall, Intermediate

Choreographer: Linda Burgess (AU) Jun 2016

Choreographed to: One Dance by Little Big Town

Intro: 40 Counts.

No Tags Or Restarts.

Dance Turns Anticlockwise Direction.

- Section 1**
1&2,3&4 **Step Hip X 3, Together & Hip X 3, Step Hip X 3, Together & Hip X 3**
Step R to R & push hips R, push hips L, push hips R, step L beside R & push hips L, push hips R, push hips L
5&6,7&8 Repeat the last 4 counts above (12.00)
- Section 2**
1,2,3&4 **Side/Rock, Replace, Cross, Shuffle, ¼ Drag, Ball, Change**
Rock/step R to R side, replace weight to L, cross/step R over L, step L to L, cross/step R over L
5,6,7&8 Turn ¼ R & take a big step back on L, drag R towards L over 2 counts (6,7), step back on R ball of foot, replace weight to L (3.00)
- Section 3**
1,2&3,4 **Walk, Walk, Ball, Change, Fwd, Walk, Walk, Ball, Change, Fwd**
Step/walk fwd R, step/walk fwd L, step back R on ball of foot, replace weight to L, step fwd R
5,6&7,8 Step/walk fwd L, step/walk fwd R, step back L on ball of foot, replace weight to R, step fwd L (3.00)
- Section 4**
1,2,3&4 **Pivot ½ Turn, Shuffle Fwd, Full Turn, Fwd, Touch**
Step fwd R, pivot ½ turn L, shuffle fwd R,L,R (9.00)
5,6,7,8 Turn ½ R & step back L, turn ½ R & step fwd R, step fwd L, touch R beside L (9.00)
- Section 5**
1,2,3,4 **Side, Touch Behind, Side, Touch Behind, Fwd Hip X 3, Fwd Hip X 3**
Step R to R, cross/touch L toe behind R, step L to L, cross/touch R toe behind L (optional bend knees on count 2 & 4) (9.00)
5&6,7&8 Step fwd R & push R hip fwd, push L hip back, push R hip fwd, step fwd L & push L hip fwd, push R hip back, push L hip fwd (9.00)
- Section 6**
1,2,3&4 **Fwd, ½ Back, R Coaster, Side Rock, Replace, ¼ ¼ Side**
Step fwd R, turn ½ R & step back L, step back R, step L beside R, step fwd R (3.00)
5,6,7&8 Rock/step L to L, replace weight to R, cross/step L over R, turn ¼ L & step back R, turn ¼ L & step L to L side (9.00)
- Section 7**
1,2,3&4 **Cross/Rock, Replace, Side Shuffle, Cross/Rock, Replace ¼ Shuffle**
Cross/step R over L, replace weight to L, step R to R, step L beside R, step R to R (9.00)
5,6,7&8 Cross/rock L over R, replace weight to R, ¼ turn L & step fwd L, step R beside L, step fwd L (6.00) (Optional triple full turn R on counts 3&4, and 1&¼ triple turn L on counts 7&8)
- Section 8**
1&2,3&4 **Mambo Fwd, Mambo Back, Pivot ½ Turn, Step Fwd , ¼ Step Fwd**
Rock/step fwd R, replace weight to L, step back R, rock/step back L, replace weight to R, step fwd L (6.00)
5,6,7,8 Step fwd R, pivot ½ turn L, step fwd R, turn ¼ L & step fwd. (9.00)

Begin again!