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One Dance

32 Count, 4 Wall, Beginner

Choreographer: Lois Klender (USA) Jul 2016

Choreographed to: One Dance by Little Big Town

40 Count Intro, No Tags Or Restarts

Section 1: Step-Kick, Rock-Recover (2xs)

1-2 Step right next to left, kick left forward
3-4 Rock left back, recover right
5-6 Step left next to right, kick right forward
7-8 Rock right back, recover left

Section 2: Triples Back, V-Step

1&2 Triple back: right-left-right
3&4 Triple back: left-right-left
5-8 V-Step: step right forward, left forward about shoulder length apart, step right back and step left back next to right

Section 3: Step Right-Pivot $\frac{1}{4}$, Heel-Flick, Triple Forward, Grind $\frac{1}{4}$ Turn

1-2 Step right forward, pivot $\frac{1}{4}$ turn left (taking weight on left) 9:00
3-4 Touch right heel forward, flick right back
5&6 Triple forward: right-left-right
7-8 Grind left heel $\frac{1}{4}$ turn left, weight staying on your right (6:00)

Section 4: Triple Back, Rock-Recover, Step Forward-Drag

1&2 Triple back: left-right-left
3-4 Rock right back, recover left
5-6 Step right forward on diagonal, drag left up to right (not taking weight)
7-8 Step left forward on diagonal, drag right up to left (not taking weight)

REPEAT!