



One Woman I Need

48 Count, 2 Wall, Improver
Choreographer: Lisa McCammon (USA) Oct 2017
Choreographed to: One Woman I Need by
Anson Funderburgh & The Rockets.
CD: Which Way Is Texas

98 bpm; 16 count intro; start with weight on L

Country options: Dance Off My Blues by Dan Albro; CD Dan Albro & Sons, 112 bpm; 32 count intro (during instrumental) or Sun Don't Let Me Down by Keith Urban, CD Ripcord, 112 bpm; 24 count intro

Section 1 Step, Turn Right ½, Back-Lock-Back, Back Rock, Recover, Triple Forward

1-2 Step forward R, turn right ½ [6] stepping back L
3&4 Step back R, cross L, step back R
5-6 Rock back L, recover R
7&8 Step forward L, close R, step forward L

Section 2 Step, Point, Step, Point; Syncopated Jazz Box ¼ Right-Cross, Point

1-4 Step forward R, point L to side, step forward L, point R to side
5-6 Cross R, step back L
& Turn right ¼ [9] stepping R to side
7-8 Cross L, point R to side

(Repeat the first 8 counts--this always happens facing a side wall.)

Section 3 Step, Turn Right ½, Back-Lock-Back, Back Rock, Recover, Triple Forward

1-2 Step forward R, turn right ½ [3] stepping back L
3&4 Step back R, cross L, step back R
5-6 Rock back L, recover R
7&8 Step forward L, close R, step forward L

Section 4 Forward Rock, Recover, Side Rock, Recover; Sailor Step, Coaster ¼ Left

1-4 Rock forward R, recover L, rock side R, recover L
5&6 Step R behind, step L to side, step R to side
7&8 Turn left ¼ [12] stepping back L, close R, step forward L ***Optional Restart

Section 5 Step, Turn Left ½, Hip Bump Rlr, Hip Bump LRL, Step, Tap

1-2 Step forward R, turn left ½ [6] (this is your new wall)
3&4 Stepping R slightly forward, bump hips forward-back-forward, ending weight R
5&6 Stepping L slightly forward, bump hips forward-back-forward, ending weight L
7-8 Step forward R, tap L toes at R heel (open slightly to left diagonal)

Section 6 Back, Touch, Back, Touch; Coaster Step, Out-Out-In-In

1-4 Step L back to left diagonal, touch R home; step R back to right diagonal, touch L home
5&6 Squaring to wall, step back L, close R, step forward L
&7 Step R to side, step L to side
&8 Step R in, step L in

***The restarts aren't strictly necessary, so less experienced dancers may prefer to dance through six repetitions of 48 counts each, and will end at 12:00. However, dancers more attuned listening while they dance may prefer to restart after 32 counts during the 3rd and 4th repetitions. The short patterns always start and end at 12:00. With the restarts, the dance ends at the front during the 7th repetition after 32 counts. The restarts will bump the difficulty slightly up. Sequence with restarts: 16; 48, 48, 32, 32, 48, 48, 32.