

One Heartbeat

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Improver Level Dance.
Choreographed by: Judy Rodgers Jul 2021
Choreographed to: One by Bee Gees
Intro: 32 Counts. Start on vocal at approx 19 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	STEP TAP, BACK KICK, SHUFFLE BACK, COASTER STEP
1-2	Step R fwd, tap L beside R
3-4	Step L back, low kick R fwd
5&6	Shuffle back R L R
7&8	Step L back, step R beside L, step L fwd
SEC 2	POINT, POINT, SAILOR TURN ¼ R, SHUFFLE FWD, OUT OUT CLAP
1-2	Point R fwd, point R to right side
3&4	Turn ¼ right step R behind L, step L to left side, step R to right side (3:00)
5&6	Shuffle fwd L, R, L
&7-8	Step out R, L, clap
SEC 3	ROCK, RECOVER, BACK LOCK BACK, TURN ¼ L SWAY, SWAY, TURN ¼ LEFT SHUFFLE FWD
SEC 3 1-2	ROCK, RECOVER, BACK LOCK BACK, TURN ½ L SWAY, SWAY, TURN ½ LEFT SHUFFLE FWD Rock R fwd, recover L
1-2	Rock R fwd, recover L
1-2 3&4	Rock R fwd, recover L Step R back, lock/step L over R, step R back
1-2 3&4 5-6	Rock R fwd, recover L Step R back, lock/step L over R, step R back Turn ½ left sway left, sway right (12:00)
1-2 3&4 5-6 7&8	Rock R fwd, recover L Step R back, lock/step L over R, step R back Turn ½ left sway left, sway right (12:00) Turn ½ left shuffle fwd L R L (9:00)
1-2 3&4 5-6 7&8 SEC 4	Rock R fwd, recover L Step R back, lock/step L over R, step R back Turn ¼ left sway left, sway right (12:00) Turn ¼ left shuffle fwd L R L (9:00) SIDE ROCK, CROSS & CROSS, TURN ¼ R, TURN ¼ R, MAMBO STEP
1-2 3&4 5-6 7&8 SEC 4 1-2	Rock R fwd, recover L Step R back, lock/step L over R, step R back Turn ½ left sway left, sway right (12:00) Turn ½ left shuffle fwd L R L (9:00) SIDE ROCK, CROSS & CROSS, TURN ¼ R, TURN ¼ R, MAMBO STEP Rock R to right side, recover L

