

One Cha

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 64 Count 2 Wall Advanced Level Dance. Choreographed by: Niels Poulsen (DK) Oct 2021 Choreographed to: One Thing by Mr Belt, Wezol & Jack Wins Intro: 16 Counts. Start at approx 7 secs.

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

SEC 1 SIDE R, TOUCH L TOGETHER, ¹/₄ L FWD R, L STEP LOCK STEP, R ROCK SWEEP, R SAILOR STEP

- 1-3 Step R to R side, touch L next to R, step down on L turning ¹/₄ L & stepping R fwd (9:00)
- 4&5 Step L fwd, lock R behind L, step L fwd
- 6-7 Rock R fwd, recover back on L sweeping R to R side
- 8&1 Cross R behind L, step L a small step to L side, step R to R side

SEC 2 HOLD, BALL SIDE, HOLD, TOGETHER, POINT R&LR, R SAILOR 1/2 R

- 2&3 HOLD, step L next to R, step R to R side
- 4&5 HOLD, step L next to R, point R to R side
- &6&7 Step R next to L, point L to L side, step L next to R, point R to R side
- 8&1 Cross R behind L, turn ¼ R stepping L next to R, turn ¼ R stepping R fwd and sweeping L fwd at the same time (3:00)

SEC 3 CROSS SIDE, L SAILOR 1/4 L INTO PREP, REVERSE FULL TURN R WITH SWEEP, BEHIND SIDE

- 2-3 Cross L over R, step R to R side
- 4&5 Cross L behind R, turn ¼ L stepping R next to L, step L a small step fwd turning upper-body slightly L (12:00)
- 6-7 Turn ½ R stepping down on R, turn ½ R stepping back on L sweeping R to R side
- 8& Cross R behind L, step L to L side

SEC 4 CROSS ROCK, SIDE R, 1/8 R INTO LOCK STEP FWD, 3/8 L BACK, 1/2 L FWD, 1/4 L INTO SCISSOR 1/8 L

- 1-3 Cross rock R over L, recover back on L, step R to R side
- 4&5 Turn 1/8 R on R stepping L fwd, lock R behind L, step L fwd (1:30)
- 6-7 Turn ³/₈ L stepping back on R, turn ¹/₂ L stepping fwd on L (3:00)
- 8&1 Turn ¼ L stepping R to R side, step L next to R, turn ½ L stepping R fwd (10:30)

SEC 5 HOLD, LOCK STEP X 3, ROCK L FWD, RECOVER SWEEP, ¾ L FWD SWEEPING R

- 2&3 HOLD, lock L behind R, step R fwd
- &4&5 Lock L behind R, step R fwd, lock L behind R, step R fwd
- 6-8 Rock L fwd, recover back on R, turn ¾ L stepping L fwd with a R sweep fwd (6:00)

SEC 6 CROSS, SIDE SWEEP, BEHIND SIDE CROSS, R SIDE ROCK, TOGETHER

- 1-3 Cross R over L, step L to L side, cross R behind L sweeping L to L side
- 4&5 Cross L behind R, step R to R side, cross R over L
- 6-8 Rock R to R side, recover on L, step R next to L

One Cha Continues... Page 1 of 2



Linedance Foundation, Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA. Email: scripts@linedancerweb.com www.linedancefoundation.com www.linedancer-radio.com

kingshilldanceholidays.com crystalbootawards.com

One Cha Continued... Page 2 of 2

SEC 7 TAP L&R&L&, R KICK & R SIDE ROCK, CROSS, SIDE L, R SAILOR ¼ R

- 1&2& Tap L slightly fwd, step back on L, tap R slightly fwd, step back on R
- 3& Tap L slightly fwd, step back on L
- Option For counts 1-3& battucadas
- 4&5 Kick R in front of L, rock R to R side, recover on L
- 6-7 Cross R over L, step L to L side
- 8&1 Cross R behind L, turn ¼ R stepping L next to R, step R fwd (9:00)

SEC 8 FWD L, FULL TURN L, ¼ L SIDE R, HOLD, BALL SIDE ROCK, CROSS ROCK

- 2-4 Step L fwd, turn ½ L stepping back on R, turn ½ L stepping fwd on L
- 5-6& Turn ¼ L stomping R to R side, HOLD, step L next to R (6:00)
- 7&8& Rock R to R side, recover on L, rock R fwd, recover on L
- Tag After wall 2, facing 12:00 The timing is SLOOOW QUICK QUICK SLOOOW all the way through the tag

SEC 1 R BASIC, 1/2 R SWEEP, SIDE CROSS

- 1–2 Step R a big step to R side, drag L towards R
- 3-4 Step L behind R, cross R over L
- 5-6 Turn ¹/₄ R stepping back on L continuing to turn another ¹/₄ R with a R sweep fwd (6:00)
- 7-8 Step R to R side, cross L over R 6:00

SEC 2 R BASIC, 1/2 R SWEEP, SIDE CROSS

- 1–2 Step R a big step to R side, drag L towards R
- 3-4 Step L behind R, cross R over L
- 5-6 Turn ¼ R stepping back on L continuing to turn another ¼ R with a R sweep fwd (12:00)
- 7-8 Step R to R side, cross L over R

