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## One Cha

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, ¼ 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 ½ 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
$8 \& 1 \quad$ Cross $R$ behind $L$, turn $1 / 4 R$ stepping $L$ next to $R$, turn $1 / 4 R$ 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 $1 / 4 L$ stepping $R$ next to $L$, step $L$ a small step fwd turning upper-body slightly $L$ (12:00)
6-7 Turn $1 / 2 R$ stepping down on $R$, turn $1 / 2 R$ 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
$4 \& 5 \quad$ 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 $1 / 4 L$ stepping $R$ to $R$ side, step $L$ next to $R$, turn $1 / 8 L$ stepping $R$ fwd (10:30)
SEC 5 HOLD, LOCK STEP X 3, ROCK L FWD, RECOVER SWEEP, $3 / 8$ 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 $3 / 8 L$ 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 $L$

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

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## 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
$8 \& 1 \quad$ Cross $R$ behind $L$, turn $1 / 4 R$ stepping $L$ next to $R$, step $R$ fwd (9:00)

SEC 8 FWD L, FULL TURN L, $1 / 4$ L SIDE R, HOLD, BALL SIDE ROCK, CROSS ROCK
2-4 Step $L$ fwd, turn $1 / 2 L$ stepping back on $R$, turn $1 / 2 L$ stepping fwd on $L$
5-6\& $\quad$ Turn $1 / 4 L$ 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 $1 \quad \mathrm{R}$ BASIC, $1 / 2 \mathrm{R}$ SWEEP, SIDE CROSS
1-2 $\quad$ 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 $\quad$ Step $R$ to $R$ side, cross $L$ over $R$ 6:00

SEC 2 R BASIC, $1 ⁄ 2$ R SWEEP, SIDE CROSS
1-2 $\quad$ 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 (12:00)
7-8 Step $R$ to $R$ side, cross $L$ over $R$

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

