

One Blood



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Choreographed by: Roy Hadisubroto (NL), Shane McKeever (IRL)

& Jo Thompson Szymanski (USA) Oct 2024

Choreographed to: One Milkali (One Blood) by Electric Fields

Intro: Start Immediately

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

Note: Start Facing 6:00

Intro SEC 1	HOLD X4, CROSS, ½ UNWIND
1-4	Hold for 4 counts with feet apart (6:00)
5-8	Cross R over L, Slowly unwind ½ turn L over 3 counts finishing with feet apart (12:00)
SEC 2	POINT, TWINKLE HAND DOWN, POINT, TWINKLE HAND DOWN
1	Extend R arm across/up to L diagonal pointing R index finger up like a #1, look up at R finger
2	Keeping R arm straight, move R index finger out to R diagonal as if drawing a straight line from L to R, keep looking at R finger as it goes out to R as if looking at the stars
Lyrics	Billions, billions
3-4	Wiggle fingers of R hand as you bring it down over 2 counts
5	Extend L arm across/up to R diagonal pointing L index finger up like a #1, look up at L finger
6	Keeping L arm straight, move L index finger out to L diagonal as if drawing a straight line from R to L,
	keep looking at L finger as it goes out to L as if looking at the stars
Lyrics	Billions, billions
7-8	Wiggle fingers of L hand as you bring it down over 2 counts
SEC 3	SMOOTH TOE STRUTS SNAPS X2, 1/4 TURN SMOOTH TOE STRUTS SIDE SNAPS
1-2	Step R toe forward, Smoothly roll R heel down, snap both hands
3-4	Step L toe forward, Smoothly roll L heel down, snap both hands
5-6	Turn ¼ L stepping R toe to R side keeping upper body open to 12:00, look to 12:00 (9:00)
6	Smoothly roll R heel down, snap both hands
7	Step L toe to L side turning upper body to 6:00, look to 6:00
8	Smoothly roll L heel down, snap both hands
Note	Counts are done in a low, crouched position like an animal on the hunt
SEC 4	POINT, TWINKLE HAND DOWN, ¾ CIRCLE WALK WALK TRIPLE STEP
1	Keeping feet where they are, open body to 12:00, look towards 12:00,
	Extend R index finger up to the L diagonal, looking at R finger
2	Move R index out to R diagonal, keep looking at R finger
3-4	Wiggle fingers of R hand as you bring it down over 2 counts
5-6	Turn ¼ left stepping L forward, Turn ¼ left stepping R forward (3:00)
7&8	Turning 1/4 left Step L forward, Close R behind L, Step L forward (12:00)
Note	On the ¾ circle, hold L index finger up and looking as if tracing all the stars in the sky

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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 5 1-2	V-STEP, STEP FORWARD R DIAGONAL, DIDGERIDOO SEMI-CIRCLE Step R to R diag, Step L to L diagonal
3-4	Step R back to center, Step L next to R
Note	As you do the V-Step, throw hands forward/up with palms facing forward, fingers spread and slowly bring them down
5	Step R to R opening body to R diagonal as you circle both hands out, around and forward indicating the "globe"
6	Bring little finger side of hands together, palms open as if reading a book, bend knees slightly
&	Fold/clasp hands together palm to palm-do not interlace fingers
7-8	Bring thumbs toward lips and wiggle fingers as if playing a horn lifting hands and face up and over in an arc
. •	to the L pulling down on the L bending knees slightly
SEC 6	KNEE ROLL, KNEE ROLL, CROSS ROCK, SIDE TRIPLE WITH 1/8 TURN
1-2	Step R to R slowly rolling R knee to R bringing hands across and out in front eyes with palms facing forward
3-4	Step L to L slowly rolling L knee to L bringing hands down
5-6	Cross rock R over L, Recover on to L
7&8	Step R to R side, Step L next to R, Step R to R opening body to R diagonal (1:30)
SEC 7	PIVOT ½ TURN DIP, TRIPLE FORWARD, DIAGONAL ROCKING CHAIR, PIVOT 5/8 TURN
1	Step L forward, bending knees scooping arms out and down like a large bird
2	Turn ½ R transferring weight to R, straightening legs (7:30)
3&4	Step L forward, Close R behind L, Step L forward
5&6&	Rock R forward, Recover on to L, Rock R back, Recover on to L
7-8&	Step R forward, Turn ½ L transferring weight to L, Turn ½ L lifting R foot slightly (12:00)
Main Da	nce
SEC 1	SIDE DRAG, BALL CROSS, SIDE, SAILOR 1/4, FULL TURN TRIPLE
1-2	Large step R to R dragging L toe for 2 counts
&3-4	Step L beside R, Cross R over L, Step L to L
5&6	Step R behind L, Turn ¼ R stepping L beside R, Step R forward prepping body R (3:00)
7&8	Turn ½ L stepping L forward, Step R forward, Turn ½ L shifting weight to L
Note	Non-turning option on 7&8, omit the full turn by doing a coaster step or triple in place
SEC 2	SKATE, SKATE, DIAGONAL TRIPLE, SKATE SKATE, DIAGONAL TRIPLE
1	Step R to R diag scooping arms down to the R (hands are cupped with palms up) as if scooping up earth or water
2	Step L to L diag scooping arms down to the L (hands are cupped with palms up) as if scooping up earth or water
3&4	Step R to R diagonal, Step L beside R, Step R to R diagonal
Styling	Straighten body lifting both hands up to the R with palms facing up to the sky
5	Step L to L diag scooping arms down to the L
6	Step R to R diag scooping arms down to the R
7&8	Step L to L diagonal, Step R beside L, Step L to L diagonal
Styling	Straighten body lifting both hands up to the R with palms facing up to the sky

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SEC 3 1-2 &3&4 5-6 Note &7 &8	HEEL GRIND ¼ TURN, DIAGONAL CROSSING TRIPLE, FULL TURN, COLLECT, KNEE POP Step R heel across L, Grind R heel turning ¼ R stepping L back (4:30) Step R beside L, Cross L over R, Step ball of R to R, Cross L over R Turn ¼ step R back, Turn ½ L stepping L forward (9:00) On counts 5-6 as you turn you may lift up on the ball of R extending L leg forward Turn ¼ L stepping R to R, Step L next to R opening body to L diagonal (4:30) Pop both knees forward, Straighten both legs
SEC 4 1-2 &3-4 & 5&6& 7-8&	CROSS, HOLD, & BEHIND, HOLD, & DIAGONAL ROCKING CHAIR, PIVOT 5% TURN Turn 1% R Cross R over L, Hold (6:00) Step L to L, Step R behind L, Hold Step L to L opening body to L diagonal (4:30) Rock R forward, Recover on to L, Rock R back, Recover on to L Step R forward, Turn 1/2 L transferring weight to L, Turn 1/8 L lifting R foot slightly (9:00)
Ending 1-4	At the end of Wall 8 Step R to R side reaching R index finger up to the L diagonal (look up to R finger), slowly over 4 counts bring R index finger out to the R diagonal (keep looking at R finger), Wiggle fingers of R hand as it slowly comes down

