

# One, Two Step

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Krista Young (USA) - November 2022

Musik: One, Two Step (feat. Missy Elliott) - Ciara



**Intro: 32 counts**

**[1-8] Step Step, Kick Ball Change, Rock-Rec, ½ Turn Shuffle Step**

1-2 Step R ft fwd, step L ft fwd  
3&4 Kick R ft fwd, step R ft back, step L ft fwd  
5-6 Rock R ft fwd, recover on L  
7&8 Step R ft back into ¼ turn R, step L ft together, ¼ turn R into step R ft fwd

**[9-16] Rock-Rec, Coaster Step, Tap Tap, Scuff Turn**

1-2 Rock fwd on L, recover on R  
3&4 Step L ft back, step R ft together, step L ft fwd  
5&6 Tap R ft to R side, step R ft together, tap L ft to L side  
7-8 Scuff L ft (knee up), ¼ turn L

**[17-24] Step Tap, Step Rock-Rec Step, Hop Heel Hop Step**

1-2 Step L ft fwd, tap R heel fwd  
3-4 Step R ft back, rock back on L  
5-6 Recover on R, step L ft together  
&7&8 Hop onto R ft, tap L heel fwd/L, hop L ft together, step R ft together

**[25-32] Paddle Turns, Kick Ball Taps**

1-2 Step R ft fwd, ¼ turn L  
3-4 Step R ft fwd, ¼ turn L  
5&6 Kick R ft fwd, step R ft together, tap L ft to L side  
7&8 Kick L ft fwd, step L ft together, tap R ft to R side

**Tag: 4 extra counts between 4th and 5th repetitions**

1-2 Rock fwd on R ft, recover on L  
3-4 Rock back on R ft, recover on L

---