

# One Dance

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Sandy Kerrigan (AUS)

Musik: One Dance With You - LMS



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## **BACK MAMBO ¼ LEFT, BACK MAMBO ½ RIGHT, ROCK BACK, REP, FORWARD, FORWARD RUN WITH ½ TURN LEFT**

- 1&2-3      Rock back right, replace weight to left, turn ¼ left and step together right, rock back left (9:00)  
&4-5&6      Replace weight to right, turn ½ right and step back left, rock back right, replace left, step forward right (3:00)  
7&8      Step forward left, turn ½ left and step back right, step back left (9:00)  
**7&8 forward tippee toe run through**

## **BACK MAMBO, FORWARD RUN WITH ½ TURN LEFT, BACK ROCK, ¼ LEFT SIDE, BEHIND SIDE CROSS**

- 1&2-3&4      Rock back right, replace weight left, step forward right, step forward left, turn ½ left and step back right, step back left (3:00)  
**3&4 forward tippee toe run through**  
5&6      Rock back right, replace weight left, turn ½ left and step right to right side (12:00)  
7&8      Cross left behind right, step right to right, cross left over right (12:00)

## **½ RIGHT BOX, SIDE, CROSS, FORWARD LEFT 45, FORWARD 3/8 RIGHT SAMBA TURN, FORWARD LOCK SHUFFLE**

- 1&2      Step right to right, step left together, step back right  
3&4      Step left to left side, cross right over left slightly forward to face left diagonal, step forward left to left diagonal  
5&6      Step forward right, touch ball of left forward, turn ¼ right and replace weight to right  
7&8      Step forward left, lock right behind left, step forward left (3:00)

## **RIGHT HEEL, RECOVER, STEP BACK RIGHT, BACK, ½ RIGHT FORWARD, STEP FORWARD, RIGHT HEEL, REP STEP BACK, RIGHT, LEFT SIDE MAMBO STEP TOGETHER**

- 1&2-3&4      Right heel forward, replace weight back to left, step back right, step back left, turn ½ right and step forward right, step forward left (9:00)  
5&6-7&8      Right heel forward, replace weight back to left, step back right, rock left to left side, replace to right, step left together

**REPEAT**

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