

# One Man

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Chris Peel (UK)

Musik: One Man Woman Again - Heather Myles



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## **FORWARD, FORWARD, COASTER FORWARD. BACK, BACK, COASTER BACK**

- 1-2 Step right forward, step left forward
- 3&4 Step right forward - step left beside right, step right back
- 5-6 Step left back, step right back
- 7&8 Step left back - step right beside left, step left forward

## **¼ TURN RIGHT, ½ TURN LEFT, SHUFFLE FORWARD. SIDE, TOGETHER, CHASSÉ LEFT**

- 9-10 Lift heels and twist ¼ turn right, twist ½ turn left
- 11&12 Step right forward - step left beside right, step left forward
- 13-14 Side step left, step right beside left
- 15&16 Side step left - step right beside left, side step left

## **RIGHT JAZZ BOX, ¼ TURN RIGHT (TWICE)**

- 17-20 Step right across left, step left back, step ¼ turn right, step left beside right
- 21-24 Step right across left, step left back, step ¼ turn right, step left beside right

## **FULL TURN RIGHT (VINE RIGHT ¼ TURN, PIVOT ½ TURN, PIVOT ¼ TURN, STEP TOGETHER)**

- 25-26 Side step right, step left behind right
- 27-28 Step ¼ turn right, step left forward into pivot ½ turn right
- 29-30 Step weight forward onto right, step left forward
- 31-32 Step ¼ turn right, step left beside right

## **REPEAT**

## **TAG**

Following wall 2 (facing back at this point), wall 4 (home), wall 5 (right of home), and wall 7 (left of home) add:  
**SWIVET RIGHT, SWIVET LEFT**

- 33-34 (Weight on right heel & left toe) swivel right toe to the right while left heel swivels left, swivel back to place
- 35-36 (Weight on left heel & right toe) swivel left toe to the left while right heel swivels right, swivel back to place

## **OPTIONAL ENDING**

Track ends 17 beats into wall 8. Dance 1-14 as scripted, then

## **FORWARD, PIVOT ½ TURN RIGHT, STOMP FORWARD**

- 15-16 Step left forward into pivot ½ turn right, step weight forward onto right
  - 17 Stomp left forward and hold
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