

# One Off

Count: 64

Wand: 2

Ebene:

Choreograf/in: Anita Moorh (UK)

Musik: Uptown Girl - Westlife



## **BACK RIGHT. SHUFFLE BACK LEFT. SHUFFLE, KICK RIGHT, KICK LEFT, KICK RIGHT, TOUCH RIGHT TO RIGHT SIDE**

- 1&2 Shuffle back right, left, right
- 3&4 Shuffle back left, right, left
- 5&6 Kick right over left, step on right, kick left over right, step on left
- 7 Touch right foot over left
- 8 Touch right foot to right side

## **RIGHT MONTEREY, RIGHT HEEL, LEFT HEEL, (REPEAT) ½ SHUFFLE TURN LEFT**

- 9&10 Half Monterey turn to right
- 11&12& Touch right heel forward, in place, touch left heel forward, in place
- 13&14& Repeat steps 11&12&
- 15&16 Shuffle half turn, turning left

## **FULL TURN, LEFT ROCK & CROSS RIGHT ROCK & CROSS, ¼ PIVOT TURN LEFT**

- 17&18 Full turn turning left
- 19&20 Side rock to right, cross right over left
- 21&22 Side rock to left, cross left over right
- 23-24 Step forward right ¼ pivot turn to left

## **SYNCOPATED JAZZ BOX, HALF TURN LEFT ROCK FORWARD RIGHT, ROCK BACK LEFT**

- 25&26 Syncopated jazz box, cross right over left, step back right, step back left
- 27-28 Cross left foot behind right, unwind half turn to left
- 29-30 Rock forward on right, rock back on left
- 31-32 Right sailor shuffle ¼ turn right

## **LEFT FORWARD, RIGHT BACK, LEFT COASTER STEP. RIGHT. SIDE SHUFFLE CROSS ROCK**

- 33-34 Rock forward left, rock back right
- 35-36 Left coaster step
- 37&38 Side right shuffle, right, left right
- 39-40 Cross left over right, rock back right

## **SIDE LEFT. SHUFFLE, CROSS ROCK, FULL TURN TO RIGHT**

- 41&42 Side left shuffle, left, right, left
- 43-44 Cross rock, right over left, rock back left
- 45-47 Full turn turning to right side stepping right, left, right
- 48 Step left next to right

## **PIVOT ½ TURN LEFT (REPEAT) CROSS LEFT BEHIND RIGHT, ROCK & CROSS SHUFFLE**

- 49-50 Step forward right, pivot ½ turn left
- 51-52 Same as 49-50
- 53-54 Step right to right side, cross left behind right
- 55-56 Rock right to right side, rock back on left

## **CROSS SHUFFLE, ROCK LEFT, KICK, CROSS SWIVEL**

- 57&58 Cross right over left, shuffle to left

59-60 Rock left to left side, rock back on right  
61-62 Kick left foot diagonally to left cross left foot over right  
63&64 Place right toe next to left instep (with toes pointing left) swivel both heels right and back to center

**REPEAT**

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