

# One Week

Count: 32

Wand: 0

Ebene:

Choreograf/in: Abbey White

Musik: One Week - Barenaked Ladies



## **JUMP, KICK, COASTER, SCUFF, ROCK, ROCK, BEHIND, ¼, ¼**

- 1-2 Jump with feet together, land on left, kicking right forward at 45  
3&4 Right coaster (right back, left together, right forward)  
&5-6 Scuff left to left side, step on left, replace weight on right  
7&8 Step left behind right, step right forward into ¼ right, step left forward into ¼ right

## **ROCK, REPLACE, ¼, ¼, CROSS, ¼, TOUCH, STEP, TURN, TURN**

- 1-2 Rock right to right side, replace weight onto left  
3&4 Rock right back into ¼ turn left, step left back into ¼ left, cross right over left  
5-6 Step left back into ¼ right, touch right next to left  
7&8 Step forward right, step left back into ½ right, step right forward into ½ right

## **JUMP, STEP, TOUCH, TOE UNWIND, SIDE AND CROSS, TURN, TURN, TOUCH**

- 1&2 Jump with feet together, step left to left side, touch right to right side  
3-4 Touch right toe behind, unwind ½ right replacing weight onto right  
5&6 Step left to left side, replace weight onto right, cross left over right  
7-8 Step right back into ¼ left, ½ turn left stepping left forward, touch right next to left

## **ROCK, ROCK, TOE, HEEL, ¼, ROCK, REPLACE, HOLD**

- 1-2 Rock forward onto right, rock back onto left  
3-4 Touch right toe back, drop right heel  
5-6 ¼ turn left, rocking left to left side, replace weight onto right  
7-8 Replace weight onto left, hold

**Variation: side body roll, for 7, replace weight on 8**

**REPEAT**

**RESTART**

**Restart on the 4th and 9th wall, after the first 8 counts; for counts 7&8, instead of turning, step left behind right, right to right side, and cross left over right, then restart**