# &1 (And One)



Count: 48 Wand: 4 Ebene: Improver

Choreograf/in: Holly Susan (Boots) Groeschel (USA)

Musik: Men In Black - Will Smith



#### SYNCOPATED BALL CHANGES: BACK, SIDE, FRONT, SIDE

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1 Weight steps on left

& Stepping to the side on the ball of right

Weight steps on left

& Stepping to the front on ball of right

3 Weight steps on left

& Stepping to the side on ball of right

4 Weight steps on left

## SLIDE WITH BODY ROLL, KICK BALL CHANGE

5 Step right sliding the right on the floor/roll body right (fluid motion)

6 Touch left next to right

7 Kick left forward

& Step left foot slightly backStep on right in place

# SYNCOPATED TAPS: BACK, SIDE, FRONT, SIDE

& Step back on ball of leftStep on right in place

& Step to the side on the ball of left

10 Step on right in place

& Step to the front on ball of left

11 Step on right in place

& Step to the side on ball of left

12 Step on right in place

#### SLIDE WITH BODY ROLL, KICK BALL CHANGE

13 Step left sliding the left on the floor and roll body left (fluid motion)

Touch right next to left
Kick right forward
Weight on ball of right

16 Step on left

#### 1/4 TURN TOUCH WALKS, HIP BUMPS

17	Step right making a	1/4 turn right (3:00)
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Touch left next to right

19 Step on left making a ¼ turn left (facing original wall)

20 Touch right next to left

21 Step side with right (shoulder width apart) and push right hip right

Push right hip right
Push right hip right
Push right hip right

Snap fingers downward throughout counts 21-24

## 1/4 TURN TOUCH WALKS, HIP BUMPS

25	Step left making a ¼ turn left (facing 9:00)	
26	Touch right next to left	
27	Step with right making a 1/4 turn right (facing original wall)	
28	Touch left next to right	
29	Step side left (shoulder width apart) and push left hip left	
30	Push left hip left	
31	Push left hip left	
32	Push left hip left	
Snap fingers downward throughout counts 28-32		

# Snap fingers downward throughout counts 28-32

#### SYNCOPATED ROMPS

33 Step right with right34 Step behind with left& Step right with right

35 Tap left heel diagonally forward

& Bring left next to rightCross right over left

## **SYNCOPATED ROMPS**

37 Step left with left
38 Step behind with right
& Step left with left

39 Tap right heel diagonally forward

& Bring right next to left40 Cross left over right

## SYNCOPATED STOMP AND CLAPS

41 Stomp right moving sideways (towards 3:00)

42 Clap hands

& Stomp left next to right

43 Stomp right moving sideways (towards 3:00)

44 Clap hands

# JAZZ BOX, 1/4 TURN AND TOUCH

45 Cross left over right make a ¼ turn right

46 Step back on right
47 Step side with left
48 Touch right next to left

# **REPEAT**