

One Dance

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Beginner

Choreographer: Lois Klender (USA) - July 2016

Music: One Dance - Little Big Town



#40 count intro, No Tags or Restarts

STEP-KICK, ROCK-RECOVER (2xs)

- 1-2 Step right next to left, kick left forward
- 3-4 Rock left back, recover right
- 5-6 Step left next to right, kick right forward
- 7-8 Rock right back, recover left

TRIPLES BACK, V-STEP

- 1&2 Triple back: right-left-right
- 3&4 Triple back: left-right-left
- 5-8 V-Step: step right forward, left forward about shoulder length apart, step right back and step left back next to right

STEP RIGHT-PIVOT ¼, HEEL-FLICK, TRIPLE FORWARD, GRIND ¼ TURN

- 1-2 Step right forward, pivot ¼ turn left (taking weight on left) 9:00
- 3-4 Touch right heel forward, flick right back
- 5&6 Triple forward: right-left-right
- 7-8 Grind left heel ¼ turn left, weight staying on your right (6:00)

TRIPLE BACK, ROCK-RECOVER, STEP FORWARD-DRAG

- 1&2 Triple back: left-right-left
- 3-4 Rock right back, recover left
- 5-6 Step right forward on diagonal, drag left up to right (not taking weight)
- 7-8 Step left forward on diagonal, drag right up to left (not taking weight)

REPEAT!

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Last Update - 10th Aug 2016
