

One Woman I Need

Count: 48

Wall: 2

Level: Improver

Choreographer: Lisa McCammon (USA) - October 2017

Music: One Woman I Need (feat. The Texas Horns) - Anson Funderburgh & The Rockets : (CD: Which Way Is Texas)



#16 count intro; start with weight on L

Country options:

Dance Off My Blues by Dan Albro; CD Dan Albro & Sons, 112 bpm; 32 count intro (during instrumental) or Sun Don't Let Me Down by Keith Urban, CD Ripcord, 112 bpm; 24 count intro

S1: STEP, TURN RIGHT ½, BACK-LOCK-BACK, BACK ROCK, RECOVER, TRIPLE FORWARD

1-2 Step forward R, turn right ½ [6] stepping back L
3&4 Step back R, cross L, step back R
5-6 Rock back L, recover R
7&8 Step forward L, close R, step forward L

S2: STEP, POINT, STEP, POINT; SYNCOPATED JAZZ BOX ¼ RIGHT-CROSS, POINT

1-4 Step forward R, point L to side, step forward L, point R to side
5-6 Cross R, step back L
& Turn right ¼ [9] stepping R to side
7-8 Cross L, point R to side

(Repeat the first 8 counts--this always happens facing a side wall.)

S3: STEP, TURN RIGHT ½, BACK-LOCK-BACK, BACK ROCK, RECOVER, TRIPLE FORWARD

1-2 Step forward R, turn right ½ [3] stepping back L
3&4 Step back R, cross L, step back R
5-6 Rock back L, recover R
7&8 Step forward L, close R, step forward L

S4: FORWARD ROCK, RECOVER, SIDE ROCK, RECOVER; SAILOR STEP, COASTER ¼ LEFT

1-4 Rock forward R, recover L, rock side R, recover L
5&6 Step R behind, step L to side, step R to side
7&8 Turn left ¼ [12] stepping back L, close R, step forward L ***OPTIONAL RESTART

S5: STEP, TURN LEFT ½, HIP BUMP RLR, HIP BUMP LRL, STEP, TAP

1-2 Step forward R, turn left ½ [6] (this is your new wall)
3&4 Stepping R slightly forward, bump hips forward-back-forward, ending weight R
5&6 Stepping L slightly forward, bump hips forward-back-forward, ending weight L
7-8 Step forward R, tap L toes at R heel (open slightly to left diagonal)

S6: BACK, TOUCH, BACK, TOUCH; COASTER STEP, OUT-OUT-IN-IN

1-4 Step L back to left diagonal, touch R home; step R back to right diagonal, touch L home
5&6 Squaring to wall, step back L, close R, step forward L
&7 Step R to side, step L to side
&8 Step R in, step L in

***The Restarts aren't strictly necessary, so less experienced dancers may prefer to dance through six repetitions of 48 counts each, and will end at 12:00. However, dancers more attuned listening while they dance may prefer to restart after 32 counts during the 3rd and 4th repetitions. The short patterns always start and end at 12:00. With the restarts, the dance ends at the front during the 7th repetition after 32 counts. The restarts will bump the difficulty slightly up.

Sequence with Restarts: 16; 48, 48, 32, 32, 48, 48, 32.

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