

# One Man Band

**Count:** 28

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Magali Bérenger (FR) - March 2019

**Music:** One Man Band - Old Dominion



**Intro: 16 cts**

**SCT 1 : Sailor 1/4 turn, Behind Side Cross, Chassé 1/4, Fwd, 1/2 turn, Fwd**

- 1 & 2            1/4 turn right crossing RF behind LF (3:00), Step LF on left side, Step RF on right side
- 3 & 4            Cross LF behind RF, Step RF on right side, Cross LF over RF
- 5 & 6            Step RF on right side, Step LF next to RF, 1/4 turn right stepping RF fwd (6:00)
- 7 & 8            Step LF fwd, Pivot 1/2 turn right (12:00) (body weight on RF), Step LF fwd

**SCT 2 : Diagonal Step Lock Step, 1/2 Rumba box, Back Rock, Ball step, Sync.Rock fwd**

- 1 & 2            Step RF fwd towards right fwd diagonal (1:30), Cross Lf behind RF, Step RF fwd
- 3 & 4            Step LF on left side squaring 3:00, Together on RF, Step LF back
- 5 - 6            Rock RF back, Recover on LF
- & 7 - 8 &        Step RF next to LF, Step LF fwd, Rock RF fwd, Recover on LF

**MODIFIED RESTART ON WALL 3 : facing 9:00**

**Replace count 8 SCT 2 by : Point RF on right side and restart**

**SCT 3 : 1/2 turn, Sync. Rock fwd, 1/4, Full turn, Mambo Step, Coaster cross**

- 1                1/2 turn right stepping RF fwd (9:00)
- 2 & 3            Rock LF fwd, Recover on RF, 1/4 turn left stepping LF fwd (6:00)
- 4 &            1/2 turn left stepping RF back( 12:00), 1/2 turn left stepping LF fwd (6:00)
- 5 & 6            Rock RF fwd, Recover on LF, Step RF back
- 7 & 8            Step LF back, Step RF next to LF, Cross LF over RF

**SCT 4 : & Cross, Side, 1/4, Cross, Side**

- & 1            Step RF slightly on right side, Cross LF over RF
- 2 & 3            Step RF on right side, 1/4 turn left stepping LF on left side (3:00), Cross RF over LF
- 4            Step LF on left side

**TAG: end of wall 6 : facing 6:00**

**Add the following counts :**

**Sway R, Sway L, Sway R, Sway L**

- 1 - 2            Push right hip to right side, Push left hip to left side
- 3 - 4            Push right hip to right side, Push left hip to left side (Body weight on L)

**FINAL : To end the dance facing 12:00 : SCT 2 / SCT 3: Replace : 8 & 1 by a Mambo Step**

**Pour mon Chewbacca, A.K.A. Un Singe En Hiver :-)**