

One Way Mike

Count: 32

Wall: 4

Level: Improver

Choreographer: Susanne Oates (UK) - June 2019

Music: One Way - Mike + The Mechanics



#32 Count intro. Starts before vocals.

Weave. Point. Cross. ¼ Left Turn. Left Coaster.

- 1 2 Step right across left. Step left to side.
- 3 4 Step right behind left. Point left to left side.
- 5 6 Step left across right. Turn ¼ left, stepping back on right. (9o'clock)
- 7 & 8 Step back on left. Step right beside left. Step forward on left

Step. Point. Kick. Ball. Point. Jazz Cross Turning ¼ Right.

- 9 10 Step forward on right. Point left to left side.
- 11&12 Kick left forward. Step ball of left beside right. Point right to right side.
- 13 14 Step right across left. Step back on left.
- 15 16 Turn 1/4 right. Step left across right. (12o'clock)

(Restart here during Wall 6. Sweep right from front to back to start again. You will be facing 9o'clock)

Side Rock. Cross Shuffle. ¼ Right. ¼ Right. Point. ¼ Left.

- 17 18 Rock right to right side. Recover onto left.
- 19&20 Step right across left. Step left to side. Step right across left.
- 21 22 Turn ¼ right, stepping back on left. Turn ¼ right, stepping right to side. (6o'clock)
- 23 24 Point left to side. Turn ¼ left, stepping down on left. (3o'clock)

¼ Left. Behind. Chasse ¼ Right. Pivot ½ Right Turn. Shuffle Forward.

- 25 26 Turn ¼ left, stepping right to side. Step left behind right. (12o'clock)
- 27&28 Step right to side. Step left beside right. Turn ¼ right, stepping forward on right.
- 29 30 Step forward on left. Pivot ½ right turn, taking weight on right. (9o'clock)
- 31&32 Step left forward. Step right beside left. Step forward on left.

START AGAIN

One Tag: End of Wall 4. You will be facing 12o'clock.

Right Kick. Ball. Point. Left Kick. Ball. Point. Jazz Cross.

- 1 & 2 Kick right forward. Step ball of right beside left. Point left to left side.
- 3 & 4 Kick left forward. Step ball of left beside right. Point right to side.
- 5 6 Step right across left. Step back on left.
- 7 8 Step right to side. Step left across right. (Sweep right from back to front to start the dance again)

One Restart: During Wall 6, facing 9o'clock. Dance up to and including Count 16.

Sweep right from back to front and restart.