

One Man Band

Count: 28

Wall: 4

Level: Easy Intermediate

Choreographer: Bruce Tau (NZ) - May 2021

Music: One Man Band - Old Dominion



#16 count intro

[1-9] SIDE, ROCK BEHIND, RECOVER, SIDE, ROCK BEHIND, RECOVER, FULL TURN RIGHT, CROSS, SIDE ROCK, ¼ TURN LEFT RECOVER

- 1,2& Step Right foot to Right Side, Rock Left foot behind Right, Recover weight onto Right foot
3,4& Step Left foot to Left Side, Rock Right foot behind Left, Recover weight onto Left foot
5,6,7 Make ¼ turn Right and step Right foot Forward, Make ½ turn Right and step Left foot Back
Make ¼ turn Right and step Right foot to Right Side (Full turn to the right)
8&1 Step Left foot across in front of Right, Rock Right foot to Right Side, Make ¼ turn Left and
recover weight onto Left foot [9 o'clock]

[10-17] MAMBO FORWARD, COASTER BACK SWEEP, CROSS, ¼ TURN, SAILOR STEP

- 2&3 Rock Right foot Forward, Recover weight back onto Left foot, Step Right foot together
4&5 Step Left foot Back, Step Right foot next to Left, Step Left foot Forward and Sweep Right foot
around towards the front
6,7 Step Right foot across in front of Left foot, Make ¼ turn Right and step Left foot Back and
sweep Right Foot around towards the back
8&1 Step Right foot Behind Left, Step Left foot to Left Side(*), Step Right foot to Right Side [12
o'clock]

(*) Restart during wall 3

[18-24] SAILOR STEP, BEHIND, ¼ TURN FORWARD, DOROTHY STEP, STEP, STEP ½ PIVOT

- 2&3 Step Left foot Behind Right, Step Right foot to Right Side, Step Left foot to Left Side
4& Step Right foot Behind Left, Make ¼ turn Left and Step Left foot Forward
5,6& Step Right foot Forward to Right diagonal, Step/Lock Left foot behind Right, Step Right foot
Forward to Right Diagonal
7,8& Step Left foot Forward, Step Right foot Forward, ½ Pivot Left weight ending on Left foot [3
o'clock]

[25-28] SIDE ROCK, RECOVER, TOGETHER, SIDE ROCK, RECOVER, TOGETHER

- 1,2& Rock Right foot to Right Side, Recover weight onto Left foot, Step Right foot together
3,4& Rock Left foot to Left Side, Recover weight onto Right foot, Step Left foot together [3 o'clock]

Start Again

Restart: During the 3rd wall, after count 16&

Tag: After wall 6

[1-4] SWAYx4

- 1,2,3,4 Step Right foot to Right Side Swaying hips Right, Sway hips Left, Sway hips Right, Sway
Hips Left

Finish: During wall 8, keep dancing up to count 20&, then make ¼ turn Left and Step Right foot to Right Side