

One Man Band

Count: 72

Wall: 4

Level: Easy Intermediate

Choreographer: Nath SASSARO (FR) - March 2023

Music: One Man Band - Old Dominion : (iTunes)



Phrases:

wall 1: all SQ

wall 2: all SQ but change the 4 last counts of SQ9

wall 3: starts on count 44 + tag at the end of SQ7 (4 counts), then Restart on count 29

wall 4: starts on count 29

Intro: 16 counts (approx 12 sc)

SQ1(1-8): Step Fwd R,L- Mambo fwd - Step back L,R - Coaster cross

1-2 Step fwd R, L

3&4 Rock fwd on RF (3) Recover on LF (&) Step back on RF (4)

5-6 Step back L, R

7&8 Step back on LF (7) Close RF next to LF (&) Cross LF over RF (8) (12:00)

SQ2 (9-16): Side rock R- Behind- Side R- Cross R - Side Rock L - Cross rock L- Side rock L- Behind- Sweep

1-2 Side rock on RF (1) Recover on LF (2)

3&4 Cross RF behind LF (3) Step LF to L (&) Cross RF over LF (4)

5&6& Side rock on LF (5) Recover on RF (&) Cross rock LF over RF (6) Recover on RF (&)

7&8 Side rock on LF (7) Recover on RF (&) Cross LF behind RF as you sweep RF from front to back (8) (12:00)

SQ3(16-24): Behind - Side L - Cross rock R- Side R- Rock Fwd L- Coaster step- Step fwd L- Mambo fwd R

1&2 Cross RF behind LF (1) Step LF to L (&) Cross RF over LF (2)

3&4 Recover on LF (3) Step RF to R (&) Rock fwd on LF (4)

5&6 Recover on RF (5) Step LF next to RF (&) Step RF fwd (6)

7-8& Step fwd on LF (7) Rock RF fwd (8) Recover on LF (&) (12:00)

SQ4(25-32): ½ T R - Full turn R - Step fwd L - Side rock R- Cross R - Side L-Close- Cross L- Side R - Close

1-2& ½ T to R, step RF fwd (1) ½ T to R, step LF back (2) ½ T to R, step RF fwd (&)

3-4& Step LF Fwd (3) Side Rock on RF (4) Recover on LF (&)

(RESTART here after wall 3)

5&6 Cross RF over LF (5) LF to L side (&) Close RF to LF (6)

7&8 Cross LF over RF (7) RF to R side (&) Close LF to RF (8) (6:00)

SQ5(33-40): Cross R- Side L- Behind- Sweep L- Behind -Side R -Cross L - Side R- Close- Cross R- Side L Close

1-2 Cross RF over LF (1) LF to L side (2)

3-4& Cross RF behind LF, with a sweep LF from front to back(3) Step LF behind RF(4) Step RF to R side (&) RF= Right Foot - LF=Left Foot - R=Right - L= Left - Fwd= Foward

5&6 Cross LF over RF (5) Step RF to R side (&) Close LF to RF (6)

7&8 Cross RF over LF (7) Step LF to L side (&) Close RF to LF (8) (6:00)

SQ6(41-49):Cross L -SideR - Behind - Sweep R- Anchor step (x2)- Coaster step

1-2 -3 Cross LF over RF (1) RF to R side (2) Cross LF behind RF, as you sweep RF from front to back (3)

(RESTART here at the end of wall 2)

4&5 Anchor step R,L,R, as you sweep LF from front to back

6&7 Anchor step L,R,L

8&1 Step back on RF (8) Close LF next to RF (&) Step fwd on RF (1) (6:00)

SQ7(50-56):Steps fwd L,R,L- Mambo fwd R- ½ T R - Step fwd - R Ful turn - ¼ T R - L side step

2&3 Step fwd L, R,L (styling: can be boogie walks)

4&5 Rock RF fwd (4) recover on LF (&) ½ T to R, step RF fwd (5)

6&7 ½ T to R and step LF back (6) ½ T to R and step RF fwd (&) ¼ T to R, LF side step (7)

8 drag RF next to LF (3:00)

(TAG, here on Wall 3 then RESTART on count 29 of SQ4)

SQ8 (57-64): R sailor step- 1/2T L sailor step- R Step Fwd- LF point to side-L Step Fwd- RF point to side

1&2 RF behind LF (1) LF to L side (&) RF to R side (2)

3&4 LF behind RF (3) ½ T L and step RF to R side (&) LF to L side (2)

5-6 Step R fwd (5) Pte LF to L side (6)

7-8 Step LF Fwd (7) Pte RF to R side (8) (9:00)

SQ9 (65-72):R sailor step- 1/2T L sailor step- Bump R, L- Close LF to RF

1&2 RF behind LF (1) LF to L side (&) RF to R side (2)

3&4 LF behind RF (3) ½ T L and step RF to R side (&) LF to L side (2)

5&6 Pt RF fwd with hip bump (5&) Close RF next to LF(6)

7&8 Pt LF wd with hip bump (7&) Close LF next to RF weight on LF(8) *

***At the end of wall 2, change on SQ9:**

5&6 Pt RF fwd with hip bump (5&) Close RF next to LF(6)

7-8 Step back slightly on LF (7) Touch RF next to LF (8)

Then restart from SQ6

TAG (on wall 3): R Sailor step - L Sailor step

1&2 RF behind LF (1) step LF to L side (&) Step RF to R side (2)

3&4 LF behind RF (3) step RF to R side (&) Step LF to L side (4)

Ending: At the end of wall 4, you will be facing 12:00. Just add a slow Step RF Fwd.

RF= Right Foot - LF=Left Foot - R=Right – L= Left – Fwd= Foward

Contact: natsas@orange.fr 2023-03

Last Update: 4 Apr 2023
