

One on One

Count: 32

Wall: 0

Level: Intermediate

Choreographer: Amanda Bowden (AUS) & Vannesa Kelly (AUS) - March 2024

Music: One On One - The Knocks & Sofi Tukker



BEATS STEPS: This dance is done in FOUR directions. **INTRO : 32 Beats**

FORWARD, 1/2 BACK, COASTER STEP, FORWARD, 1/4 BACK, 1/4 SIDE SHUFFLE

- 1, 2 STEP L FORWARD, TURN 180° LEFT STEP R BACK, (6.00)
3 & 4 COASTER : STEP L BACK, STEP R TOGETHER, STEP L FORWARD,
5, 6 STEP R FORWARD, TURN 90° RIGHT STEP L BACK, (9.00)
7 & 8 TURN 90° RIGHT SIDE SHUFFLE TO THE RIGHT STEP : R-L-R. (12.00)

ACROSS, ROCK, 1/4 SHUFFLE FORWARD, FORWARD, TOUCH & HEEL & TOUCH

- 1, 2 STEP L ACROSS IN FRONT OF RIGHT, ROCK ONTO R,
3 & 4 TURN 90° LEFT SHUFFLE FORWARD STEP : L-R-L, (9.00)
5, 6 & STEP R FORWARD, TOUCH L TOE BEHIND RIGHT, STEP L BACK,
7 & 8 TOUCH R HEEL FORWARD, STEP R FORWARD, TOUCH L TOE TOGETHER. (9.00)

SIDE, ROCK, SAILOR STEP, ACROSS, SIDE, BEHIND-SIDE-ACROSS

- 1, 2 STEP L TO THE SIDE, SIDE ROCK ONTO R,
3 & 4 SAILOR : STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L TO THE SIDE,
5, 6 STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE,
7 & 8 STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R ACROSS IN FRONT OF LEFT.
(9.00)

SIDE, ROCK & SIDE, ROCK & PADDLE TURN, PADDLE TURN

- 1, 2 & STEP L TO THE SIDE, SIDE ROCK ONTO R, STEP L TOGETHER,
3, 4 & STEP R TO THE SIDE, SIDE ROCK ONTO L, STEP R TOGETHER,
5, 6 PADDLE : STEP L FORWARD, TURN 90° RIGHT TAKE WEIGHT ONTO R, (12.00)
7, 8 PADDLE : STEP L FORWARD, TURN 90° RIGHT TAKE WEIGHT ONTO R. (3.00)

32 REPEAT THE DANCE IN NEW DIRECTION

ENDING : The last wall starts facing 12.00. Dance to BEAT 12 (^^) ADD the following

- 1, 2 PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L,
3, 4 TURN 90° LEFT STOMP R TO THE SIDE, STOMP L TO THE SIDE.