

# &1 (And One)

Count: 48

Wall: 4

Level: Improver

Choreographer: Holly Susan (Boots) Groeschel (USA)

Music: Men In Black - Will Smith



## SYNCOPATED BALL CHANGES: BACK, SIDE, FRONT, SIDE

- & Stepping back on ball of right
- 1 Weight steps on left
- & Stepping to the side on the ball of right
- 2 Weight steps on left
- & Stepping to the front on ball of right
- 3 Weight steps on left
- & Stepping to the side on ball of right
- 4 Weight steps on left

## SLIDE WITH BODY ROLL, KICK BALL CHANGE

- 5 Step right sliding the right on the floor/roll body right (fluid motion)
- 6 Touch left next to right
- 7 Kick left forward
- & Step left foot slightly back
- 8 Step on right in place

## SYNCOPATED TAPS: BACK, SIDE, FRONT, SIDE

- & Step back on ball of left
- 9 Step on right in place
- & Step to the side on the ball of left
- 10 Step on right in place
- & Step to the front on ball of left
- 11 Step on right in place
- & Step to the side on ball of left
- 12 Step on right in place

## SLIDE WITH BODY ROLL, KICK BALL CHANGE

- 13 Step left sliding the left on the floor and roll body left (fluid motion)
- 14 Touch right next to left
- 15 Kick right forward
- & Weight on ball of right
- 16 Step on left

## ¼ TURN TOUCH WALKS, HIP BUMPS

- 17 Step right making a ¼ turn right (3:00)
- 18 Touch left next to right
- 19 Step on left making a ¼ turn left (facing original wall)
- 20 Touch right next to left
- 21 Step side with right (shoulder width apart) and push right hip right
- 22 Push right hip right
- 23 Push right hip right
- 24 Push right hip right

Snap fingers downward throughout counts 21-24

## ¼ TURN TOUCH WALKS, HIP BUMPS

- 25 Step left making a ¼ turn left (facing 9:00)
- 26 Touch right next to left
- 27 Step with right making a ¼ turn right (facing original wall)
- 28 Touch left next to right
- 29 Step side left (shoulder width apart) and push left hip left
- 30 Push left hip left
- 31 Push left hip left
- 32 Push left hip left

**Snap fingers downward throughout counts 28-32**

#### **SYNCOPATED ROMPS**

- 33 Step right with right
- 34 Step behind with left
- & Step right with right
- 35 Tap left heel diagonally forward
- & Bring left next to right
- 36 Cross right over left

#### **SYNCOPATED ROMPS**

- 37 Step left with left
- 38 Step behind with right
- & Step left with left
- 39 Tap right heel diagonally forward
- & Bring right next to left
- 40 Cross left over right

#### **SYNCOPATED STOMP AND CLAPS**

- 41 Stomp right moving sideways (towards 3:00)
- 42 Clap hands
- & Stomp left next to right
- 43 Stomp right moving sideways (towards 3:00)
- 44 Clap hands

#### **JAZZ BOX, ¼ TURN AND TOUCH**

- 45 Cross left over right make a ¼ turn right
- 46 Step back on right
- 47 Step side with left
- 48 Touch right next to left

**REPEAT**

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