

Just One Dance

Count: 64

Wall: 2

Level: Easy Intermediate

Choreographer: Karen Hannaford (NZ) & Phoenix Adamson (NZ) - July 2014

Music: Just One Dance - Caro Emerald : (Album: Deleted Scenes from the Cutting Room Floor)



Intro: 48 counts

[1-8] □ SWAY, ¼ HOOK, SHUFFLE FWD, ½ PIVOT, ½ SHUFFLE

- 1,2 Sway R to right side, recover weight to L turning ¼ right & hooking R across left □□□□3:00
3&4 Step R fwd, step L beside right, step R fwd □□□□□□3:00
5,6 Step L fwd, pivot ½ taking weight on R □□□□□□3:00
7&8 Turn ¼ right stepping L to side, step R tog, turn ¼ right and step L back □□□□3:00

[9-16] □ ROCKING CHAIR, BACK, ½, ¼, TOUCH

- 1,2,3,4 Rock back on R, recover weight to L, rock fwd on R, recover weight to L □□□□3:00
5,6,7,8 Step R back, turn ½ left and step L fwd, turn ¼ left and step R to side, drag L towards right and tap beside □6:00

[17-24] □ SIDE, BEHIND, SIDE, TAP, OUT – OUT, TAP, SIDE, TAP

- 1,2,3,4 Step L to left side, step R behind left, step L to left side, tap R by left □□□□□6:00
&5 Step R to right side, step L to left side □□□□□□6.00
6,7,8 Tap R next to left, Step R to side, tap L next to right □□□□□6:00

[25-32] □ CROSS, HOLD, CROSS, HOLD, COASTER STEP, SIDE, TOGETHER

- 1,2,3,4 Walk fwd L, hold(snap fingers), walk fwd R, hold(snap fingers) □□□□□6:00
5&6 Step L fwd, step R together, step L back □□□□□□6:00
7,8 Step R to side, step L next to right □□□□□□6:00

[33-40] □ SIDE ROCK, RECOVER, HEEL GRIND, COASTER STEP, POINT, FLICK

- 1,2 Rock R to side, recover weight to L □□□□□□6:00
3,4 Touch R heel fwd with toes turned in, turn toes out keeping weight on left □□□□6:00
5&6 Step R back, step L beside right, step R fwd □□□□□□6:00
7,8 Point L to left side, flick L foot up behind right knee □□□□□□6:00

[41-48] □ SIDE SWITCHES

- 1&2 Point L to side, step L together, point R to side □□ □□□□6:00
3,4,5 Step R behind left, turn ¼ left and step L fwd, step R fwd □□□□□3:00
6,7,8 Pivot ¾ left keeping weight on L, step R to side, step L behind R □*restart here wall
2□□□6:00

[49-56] □ SIDE ROCK, CROSS SAMBA, ¼ JAZZ SQUARE, SCUFF

- 1,2,3&4 Rock R to side, recover to L, Cross R over left, step L to side, step R in place □□□□6:00
5,6,7,8 Cross L over right, step R back, turn ¼ left and step L to side, scuff R fwd □□□□3:00

[57-64] □ CROSS ROCK, SIDE, CROSS ROCK, ¼, ½ PIVOT

- 1,2,3 Cross rock R over left, recover weight to L, step R to side □□□□□3:00
4,5,6 Cross rock L over right, recover weight to R, turn ¼ left and step L fwd □□□□12:00
7,8 Step R fwd, pivot ½ L taking weight on left. □□□□□□6:00

WALL 2: Restart after count 48 (facing 12:00)

WALL 5: After count 32 there is a 4 count pause. Touch R toe behind left and continue from count 33 when

the music resumes facing 6:00

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