

Just One Dance

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Christa Thomas (USA) - May 2016

Musique: One Dance (feat. Wizkid & Kyla) - Drake



Intro: 16 Counts after track reaches full speed- beginning right after drums

[1-8] SIDE, ROCK BACK, REC, SIDE, ROCK BACK, REC

1,2,3,4 R Step Side (1), Hold (2), L Rock Back (3), R Rec (4)

5,6,7,8 L Step Side (5), Hold (6), R Rock Back (7), L Rec (8)

[9-17] ROCK FWD, REC, ROCK BACK, ¼ TURN LEFT, ROCK FWD, REC, ROCK BACK, REC

1,2,3,4 R Rock Fwd (1), L Rec (2), R Rock Back (3), ¼ Turn Left On L Rec (4)

5,6,7,8 R Rock Fwd (5), L Rec (6), R Rock Back (7), L Rec (8)

[18-25] SIDE, ROCK BACK, REC, SIDE, ROCK BACK, REC

1,2,3,4 R Step Side (1), Hold (2), L Rock Back (3), R Rec (4)

5,6,7,8 L Step Side (5), Hold (6), R Rock Back (7), L Rec (8)

[26-32] ROCK FWD, REC, ROCK BACK, ¼ TURN LEFT, ROCK FWD, REC, ROCK BACK, REC

1,2,3,4 R Rock Fwd (1), L Rec (2), R Rock Back (3), ¼ Turn Left On L Rec (4)

5,6,7,8 R Rock Fwd (5), L Rec (6), R Rock Back (7), L Rec (8)

[33-40] SIDE, CROSS, REC, ¼ TURN L, R STEP FWD

1,2,3,4 R Step Side (1), Hold (2), L Cross Rock Over R (3), R Rec (4)

5,6,7,8 L Step Fwd ¼ Turn L (5) Hold (6), R Step Fwd (7), Pivot ½ Turn Left W/Weight On R (8)

[41-48] SHUFFLE FWD, ROCKING CHAIR

1,2,3,4 L Step Fwd (1), R Step To L (2), L Step Fwd (3), Hold (4)

5,6,7,8 R Rock Fwd (5), L Rec (6), R Rock Back (7), L Rec (8)

[49-56] STEP, CROSS, BACK, TOGETHER, TOUCH, STEP

1,2,3,4 R Step Fwd (1), Hold (2), L Cross Over R (3), Hold (4)

5,6,7,8 R Step Back (5), L Together (6), R Touch Fwd (7), R Step To R (8)

[57-64] KICK BALL CHANGE, RUN FWD

1,2,3,4 L Kick (1), L Step In Place (2), R Step Fwd (3), Hold (4)

5,6,7,8 (Swinging Hips) Take Small Steps Fwd – L (5), R (6), L (7), Hold (8)

REPEAT AND ENJOY!!!