

# One on One

Compte: 32

Mur: 0

Niveau: Intermediate

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

Musique: 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.
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