

One Or The Other

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Irene Groundwater (CAN)

Musique: One or the Other - Paula Abdul



Sequence: When dancing to "One Or The Other", dance counts 1-32 eleven times, 4 count tag, counts 1-32 four times. When dancing to "Kiss Me Honey", dance counts 1-32 twelve. When dancing to "Elvis Blessed My Soul", dance counts 1-32 fourteen times, then dance counts &29-32 twice to end dance on front wall

SIDE, TOGETHER, SIDE, SCUFF, ¼ TURN RIGHT, ¼ TURN RIGHT, FORWARD, ½ TURN RIGHT

- 1-2 Side step right, step left beside right
- 3-4 Side step right, scuff left heel forward beside right
- 5 Left forward making ¼ turn right on step
- 6 Pivot ¼ turn right on left ball and replace weight on right
- 7-8 Left forward, pivot ½ turn right taking weight onto right

Option

- 5-6-7-8 Cross left in front of right, replace weight on right, side left, right beside left

SIDE, TOGETHER, SIDE, SCUFF, ¼ TURN LEFT, ¼ TURN LEFT, FORWARD, ½ TURN LEFT

- 9-10 Side step left, step right beside left
- 11-12 Side step left, scuff right heel forward beside left
- 13 Right forward making ¼ turn left on step
- 14 Pivot ¼ turn left on right ball and replace weight on left
- 15-16 Right forward, pivot ½ turn left taking weight onto left

Option

- 13-14-15-16 Cross right in front of left, replace weight on left, side right, left beside right)

RIGHT DIAGONAL FORWARD, SCUFF, FORWARD, SCUFF, RIGHT DIAGONAL FORWARD, SCUFF, TOGETHER, SCUFF

- 17-18 Right diagonal forward scuff left heel forward beside right
- 19-20 Left forward past right, scuff right heel forward beside left
- 21-22 Right diagonal forward scuff left heel forward beside right
- 23-24 Step left beside right, scuff right heel forward beside left

FORWARD JUMP, CLAP, BACK JUMP, CLAP, FORWARD JUMP, CLAP, ¼ TURN RIGHT, CLAP

- &25-26 Right jump forward, left closes beside right, clap hands overhead
- &27-28 Right jump back, left closes beside right, clap hands behind body
- &29-30 Right jump forward, left closes beside right, clap hands overhead
- &31-32 Right jump back making ¼ turn right on step, left closes beside right, clap hands behind body

Option

Replace jumps with forward or backward steps

REPEAT

TAG

- &1-2 Right jump forward, left closes beside right, clap hands overhead
- &3-4 Right jump back making ¼ turn right on step, left closes beside