

One Woman Man

Compte: 0

Mur: 4

Niveau: Improver

Chorégraphe: Don C. Lamb (USA)

Musique: One Woman Man - George Jones



Sequence: AB, ABC, AB, ABC, AB, ABC

PART A

LEFT BASIC, SAILOR SHUFFLE WITH ¼ TURN LEFT

- 1-2 Step left to left side, step right together
- 3-4 Step left to left side, hold
- 5-6 Cross-step right behind left, step left to left side
- 7-8 Turn ¼ left, step right together

FORWARD COASTER, BACKWARD COASTER

- 9-10 Step left forward, step right together
- 11-12 Step left back, hold
- 13-14 Step right back, step left together
- 15-16 Step right forward, hold

PART B

½ BOX, RIGHT BASIC

- 1-2 Step left to left side, step right together
- 3-4 Step left forward, hold
- 5-6 Step right to right side, step left together
- 7-8 Step right to right side, hold

COASTER STEP, RIGHT BASIC WITH ¼ TURN

- 9-10 Step left back, step right together
- 11-12 Step left forward, hold
- 13-14 Step right to right side, step left together
- 15-16 Turn ¼ turn left, step right together

PART C

LEFT SIDE SHUFFLE WITH ½ TURN, RIGHT SIDE SHUFFLE WITH ½ TURN

- 1&2 Step left to left side, step right together, turning ½ left, step on left
- 3&4 Step right to right side, step left together, turning ½ right, step on right

LEFT SIDE SHUFFLE, CROSS-STEP, HOLD, RECOVER, HOLD

- 5&6 Step left to left side, step right together, step left to left side
- 7 Hold
- 8-9 Cross-step right over left, hold
- 10-11 Recover weight back onto left, hold

RIGHT SIDE SHUFFLE WITH ½ TURN, LEFT SIDE SHUFFLE WITH ½ TURN

- 12&13 Step right to right side, step left together, turning ½ right, step on right
- 14&15 Step left to left side, step right together, turning ½ left, step on left

RIGHT SIDE SHUFFLE, CROSS-STEP, HOLD, RECOVER, HOLD

- 16&17 Step right to right side, step left together, step right to right side
- 18 Hold
- 19-20 Cross-step left over right, hold

