

One Man Woman

Compte: 64

Mur: 4

Niveau: Intermediate - WCS

Chorégraphe: Maryloo (FR) - March 2012

Musique: One Man Woman - The Judds : (CD: River of Time.)



SIDE TOUCH , RECOVER, MODIFIED MONTEREY TURN ¼ RIGHT, SPIN TO LEFT WITH SWEEP (FULL TURN)

- 1,2 Point left to side, step left together
- 3,4 Point right to side, turn ¼ right and step right together
- 5,6 Point left to side, drop left on place
- 7,8 Full turn: Spin on left to left with sweeping right foot

SIDE MAMBO (R.L.), COASTER STEP, SHUFFLE FORWARD

- 1&2 Rock on right to side, recover on left, step right together
- 3&4 Rock on left to side, recover on right, step left together
- 5&6 Step right back, step left together, step right forward
- 7&8 Shuffle forward (L.R.L.)

STEP RIGHT TO SIDE, HOLD, TOGETHER ,STEP RIGHT TO SIDE, HOLD,CROSS ROCK, SAILOR ¼ TURN LEFT

- 1,2 Step right to side, hold
- &3,4 Step left next to right, step right to side, hold
- 5,6 Cross left over right, recover on right
- 7&8 ¼ turn left crossing left behind right, step right to right, step left slightly forward

TOUCH & BUMP , DROP, ½ TURN LEFT , TOUCH & BUMP , DROP , KICK BALL STEPS (2X)

- 1,2 Touch right toe forward bumping right hip forward, drop right in place
- 3,4 ½ turn left touch left toe forward bumping left hip forward, drop left in place
- 5&6 Kick right forward, step back on ball of right, step left forward
- 7&8 Kick right forward, step back on ball of right, step left forward

ROCKING CHAIR , PIVOT ½ TURN LEFT, SHUFFLE FORWARD,

- 1,2 Rock forward right, recover on left
- 3,4 Rock back right, recover on left
- 5,6 Step right forward, ½ turn left (weight on left)
- 7&8 Shuffle forward (R.L.R.)

FULL TURN, SHUFFLE FORWARD, SIDE MAMBO (R.L.),

- 1 .2 Turn ½ right stepping left back , turn ½ right stepping right forward
- 3&4 Shuffle forward (L.R.L.)
- 5&6 Rock right to side, recover on left, step right next to left
- 7&8 Rock left to side, recover on right, step left next to right,

JAZZ BOX , JAZZ BOX 1/4 TURN RIGHT,

- 1,2 Cross right over left, step left back
- 3,4 Step right to right, step left next to right
- 5,6 Cross right over left, ¼ turn to right stepping left back
- 7,8 Step right to right, step left next to right

VAUDEVILLES STEPS (R.L.), DIAGONAL HEEL SWITCHES BACKWARD

- 1&2& Cross right over left, step left to side, touch right heel diagonally forward, step right back to place
- 3&4 Cross left over right, step right to side, touch left heel diagonally forward,

- &5 Step left back, touch right heel diagonally forward
- &6 Step right back, touch left heel diagonally forward,
- &7 Step left back, touch right heel diagonally forward
- &8 Step right back, step left heel diagonally forward

EASY TAGS : swivels to left and right

At the end of the 1st wall : make swivels on 12 counts

At the end of the 2nd wall, make swivels on 4 counts

At the end of the 4th wall, make swivels on 8 counts

At the end of the 5th and 6th wall, make swivels on 4 counts

Option : The swivels can be replace by “knee pops”
