

# One Man Band

拍数: 28                      墙数: 4                      级数: Intermediate  
编舞者: Magali Bérenger (FR) - March 2019  
音乐: One Man Band - Old Dominion



Intro: 16 cts

**SCT 1 : Sailor 1/4 turn, Behind Side Cross, Chassé 1/4, Fwd, 1/2 turn, Fwd**

1 & 2                      1/4 turn right crossing RF behind LF (3:00), Step LF on left side, Step RF on right side  
3 & 4                      Cross LF behind RF, Step RF on right side, Cross LF over RF  
5 & 6                      Step RF on right side, Step LF next to RF, 1/4 turn right stepping RF fwd (6:00)  
7 & 8                      Step LF fwd, Pivot 1/2 turn right (12:00) (body weight on RF), Step LF fwd

**SCT 2 : Diagonal Step Lock Step, 1/2 Rumba box, Back Rock, Ball step, Sync.Rock fwd**

1 & 2                      Step RF fwd towards right fwd diagonal (1:30), Cross Lf behind RF, Step RF fwd  
3 & 4                      Step LF on left side squaring 3:00, Together on RF, Step LF back  
5 - 6                      Rock RF back, Recover on LF  
& 7 - 8 &                      Step RF next to LF, Step LF fwd, Rock RF fwd, Recover on LF

**MODIFIED RESTART ON WALL 3 : facing 9:00**

**Replace count 8 SCT 2 by : Point RF on right side and restart**

**SCT 3 : 1/2 turn, Sync. Rock fwd, 1/4, Full turn, Mambo Step, Coaster cross**

1                              1/2 turn right stepping RF fwd (9:00)  
2 & 3                      Rock LF fwd, Recover on RF, 1/4 turn left stepping LF fwd (6:00)  
4 &                              1/2 turn left stepping RF back( 12:00), 1/2 turn left stepping LF fwd (6:00)  
5 & 6                      Rock RF fwd, Recover on LF, Step RF back  
7 & 8                      Step LF back, Step RF next to LF, Cross LF over RF

**SCT 4 : & Cross, Side, 1/4, Cross, Side**

& 1                              Step RF slightly on right side, Cross LF over RF  
2 & 3                      Step RF on right side, 1/4 turn left stepping LF on left side (3:00), Cross RF over LF  
4                              Step LF on left side

**TAG: end of wall 6 : facing 6:00**

**Add the following counts :**

**Sway R, Sway L, Sway R, Sway L**

1 - 2                      Push right hip to right side, Push left hip to left side  
3 - 4                      Push right hip to right side, Push left hip to left side (Body weight on L)

**FINAL : To end the dance facing 12:00 : SCT 2 / SCT 3: Replace : 8 & 1 by a Mambo Step**

**Pour mon Chewbacca, A.K.A. Un Singe En Hiver :-)**