

# One Way Mike

拍数: 32      墙数: 4      级数: Improver  
编舞者: Susanne Oates (UK) - June 2019  
音乐: One Way - Mike + The Mechanics



#32 Count intro. Starts before vocals.

**Weave. Point. Cross. ¼ Left Turn. Left Coaster.**

1 2            Step right across left. Step left to side.  
3 4            Step right behind left. Point left to left side.  
5 6            Step left across right. Turn ¼ left, stepping back on right. (9o'clock)  
7 & 8         Step back on left. Step right beside left. Step forward on left

**Step. Point. Kick. Ball. Point. Jazz Cross Turning ¼ Right.**

9 10           Step forward on right. Point left to left side.  
11&12        Kick left forward. Step ball of left beside right. Point right to right side.  
13 14         Step right across left. Step back on left.  
15 16         Turn 1/4 right. Step left across right. (12o'clock)

**(Restart here during Wall 6. Sweep right from front to back to start again. You will be facing 9o'clock)**

**Side Rock. Cross Shuffle. ¼ Right. ¼ Right. Point. ¼ Left.**

17 18         Rock right to right side. Recover onto left.  
19&20        Step right across left. Step left to side. Step right across left.  
21 22         Turn ¼ right, stepping back on left. Turn ¼ right, stepping right to side. (6o'clock)  
23 24         Point left to side. Turn ¼ left, stepping down on left. (3o'clock)

**¼ Left. Behind. Chasse ¼ Right. Pivot ½ Right Turn. Shuffle Forward.**

25 26         Turn ¼ left, stepping right to side. Step left behind right. (12o'clock)  
27&28        Step right to side. Step left beside right. Turn ¼ right, stepping forward on right.  
29 30         Step forward on left. Pivot ½ right turn, taking weight on right. (9o'clock)  
31&32        Step left forward. Step right beside left. Step forward on left.

**START AGAIN**

**One Tag: End of Wall 4. You will be facing 12o'clock.**

**Right Kick. Ball. Point. Left Kick. Ball. Point. Jazz Cross.**

1 & 2         Kick right forward. Step ball of right beside left. Point left to left side.  
3 & 4         Kick left forward. Step ball of left beside right. Point right to side.  
5 6            Step right across left. Step back on left.  
7 8            Step right to side. Step left across right. (Sweep right from back to front to start the dance again)

**One Restart: During Wall 6, facing 9o'clock. Dance up to and including Count 16. Sweep right from back to front and restart.**