

# One Way

拍数: 48                      墙数: 2                      级数: Phrased Beginner  
编舞者: Danilo Carta (IT) - February 2022  
音乐: One Way - thelukasband & Luke Munns



(Christian Rock Country Line Dance)

Structure: Part A (16 counts), Part B (32 counts), Restart, Tag (4 counts), Break (16 counts)

## PART A: 16c

### S1: GRAPEVINE, FLICK, GRAPEVINE, FLICK

1-2                      Right step to right, Left cross behind  
3-4                      Right step to right, Left flick  
5-6                      Left step to left, Right cross behind  
7-8                      Left step to left, Right flick

### S2: ROCKING CHAIR, TURNING STEP, STOMP, TURNING STEP, STOMP

1&2                      Right rock fw, Recover  
3&4                      Right rock back, Recover  
5-6                      Turn ¼ to left & Right step fw, Left stomp near  
7-8                      Turn ¼ to left & Left step fw, Right stomp near

## PART B: 32c

### S1: STEP, FLICK, RECOVER, HOOK, STEP BACK, HOOK, RECOVER, FLICK

1-2                      Right step fw, Left flick  
3-4                      Left recover, Right hook over  
5-6                      Right step back, Left hook over  
7-8                      Left recover, Right flick

### S2: PIVOT (TWICE), HEEL SWITCHES (TWICE)

1-2                      Right step fw, turn ½ to left  
3-4                      Right step fw, turn ½ to left  
5-6                      Right heel fw, Right together  
7-8                      Left heel fw, Left together

### S3: STEP, FLICK, RECOVER, HOOK, STEP BACK, HOOK, RECOVER, FLICK

1-2                      Right step fw, Left flick  
3-4                      Left recover, Right hook over  
5-6                      Right step back, Left hook over  
7-8                      Left recover, Right flick

### S4: PIVOT (TWICE), STEP DIAGONALLY, STOMP, STEP DIAGONALLY, STOMP

1-2                      Right step fw, turn ½ to left  
3-4                      Right step fw, turn ½ to left  
5-6                      Right step fw diagonally to right, Left stomp near  
7-8                      Left step fw diagonally to left, Right stomp near

**RESTART** on 2nd part B after 16 counts

### TAG: 4 counts after 4th and 6th part B (ending)

1-2                      Right step back diagonally to right, Left stomp near  
3-4                      Left step back diagonally to left, Right stomp near

**BREAK:** 16 counts on 4th part B after Tag

Sequence: AAAA – BB (RESTART) – AAAA – BB – TAG – BREAK – AAAA – AAAA – BB – TAG (ENDING)

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