

# One Word

拍数: 64      墙数: 2      级数: Intermediate/Advanced  
编舞者: Alan Birchall (UK)  
音乐: One Word - Kelly Osbourne : (Album Version)



## TOUCHES, ½ MONTEREY, CROSS, HEEL JACK, STEP, CROSS, HEEL SPLITS

- 1&2      Touch right toe to right, step right by left, touch left toe to left
- &3-4      Making ½ turn left step left by right, touch right to right (6:00)
- &5      Step down on right, cross left over right (you will have moved to right slightly)
- &6      Step right to right, extend left heel
- &7      Step left by right, cross right over left
- &8      Split both heels out, in

## STEP, TOUCH, STEP, SCUFF HITCH, TURN, STEP, STEP, HIP BUMPS

- 9-10      Step back on right, touch left toe back
- 11-12      Step forward on left, scuff hitch right by left making ½ turn left (12:00)
- 13-14      Step back on right, step back on left
- 15-16      Bumps hip back twice (weight ends on left)

## STEP, TOUCH'S X 3, FLICK TURN, SAILOR STEP, BEHIND, ¼ TURN, STEP

**On steps &1-&3 you will be traveling backwards slightly**

- &17      Step back on right, touch left toe forward, clicking fingers
- &18      Step back on left, touch right toe forward, clicking fingers
- &19      Step back on right, touch left toe forward, clicking fingers

**Alternative: mash potatoes backwards or whatever your comfy with**

- &20      Make ½ turn right flicking left heel back, step forward on left (6:00)
- 21&22      Cross right behind left, step left by right, step right to right
- 23&24      Cross left behind right, step right to right making ¼ turn right, step forward on left (9:00)

## ½ PIVOT, ¼ TURN, CROSS TOUCH, ¼ TURN, ½ TURN, STEP, ½ PIVOT, STEP

- 25-26      ½ pivot right, making ¼ turn right step left to left (6:00)
- 27-28      Cross touch right behind left, step right to right making ¼ turn left (3:00)
- 29-30      Making ½ turn left step forward on right (9:00)
- 31-32      ½ pivot left, step forward on right (3:00)

## SIDE SHUFFLE, ROCK, RECOVER TWICE

- 33&34      Step left to left, right by left, step left to left
- 35-36      Cross rock right behind left, recover on left
- 37&38      Step right to right, step left by right, step right to right
- 39-40      Cross rock left behind right, recover on right

**Note: to finish facing the front wall dance replace count 39-42 with:**

- 39-40      Cross left behind right unwind ¾ turn left (backwards) to face front wall
- 41-42      Walk forward right, left

## STEP, HOLD, STEP, CROSS, STEP, SAILOR STEP, TOUCH, STEP

- 41-42      Step left to left, hold
- &43-44      Step right by left, cross left over right, step right to right
- 45&46      Cross left behind right, step right by left, step left in place
- 47-48      Cross touch right behind left, step right to right

## SAILOR STEP, TOUCH'S, ½ TURN, SHUFFLE

- 49&50      Cross left behind right, step right by left, step left in place

51-52 Cross touch right behind left, touch right to right  
53-54 Touch right over left, making  $\frac{1}{2}$  turn right step forward on right (9:00)  
55&56 Step forward on left, step right by left, step forward on left

**CROSS,  $\frac{1}{4}$  TURN, STEP, TOUCH, STEP,  $\frac{1}{2}$  TURN, STEP TOUCH**

57-58 Cross right over left, making  $\frac{1}{4}$  turn right step back on left (12:00)  
59-60 Step back on right, touch left toe back  
61-62 Step forward on left, making  $\frac{1}{2}$  turn left step back on right (6:00)  
63-64 Step back on left, touch right toe back

**REPEAT**

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