

# One Man Band

拍數: 28      牆數: 4      級數: Intermediate  
編舞者: Wendy McLean (CAN) - November 2019  
音樂: One Man Band - Old Dominion



## Mambo Step, Coaster Step, Shuffle 5/8 Turn, Mambo Step

1&2      Rock forward on right, Recover on left, Step back on right  
3&4      Step back on left, Step right together, Step forward on left  
5&6      Step forward on right, Step ½ on left, Step 1/8 onto right (4:30)  
7&8      Rock forward on left, Recover on right, Step back on left

## Shuffle Back, Shuffle Half, Cross Rock, Side 3/8, Sway, Touch

1&2      Shuffle back (RLR),  
3&4      Shuffle ½ left (LRL) (10:30)  
5&6      Cross rock right over left, Recover on left, Step right 3/8 right (3:00)  
7 8      Sway/Step left side, Touch right

## ¼, ½, Shuffle ¼, Cross Mambo, Cross Mambo

1 2      Step ¼ right on right, Step ½ right on left (12:00)  
3&4      Shuffle ¼ right (RLR) (3:00)  
5&6      Rock left over right, Recover on right, Step left together  
7&8      Rock right over left, Recover on left, Step right together

## Step ½ Step, ½, ½, Touch

1&2      Step forward on left, Step ½ right on right, Step forward on left (9:00)  
3&4      Turn ½ left and step back on right, Turn ½ left and step on left, Touch right beside left (9:00)

**\*\* Restart after 16 counts on walls 3, 6 & 7 \*\***

Last Update: 5 Sep 2023

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