

# One Blood

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: Roy Hadisubroto (IRE), Shane McKeever (N.IRE) & Jo Thompson Szymanski  
(USA) - October 2024  
音樂: One Milkali (One Blood) - Electric Fields



“One Blood” tells a story of connection to nature, humanity and how we unite as one through music and dance

**Intro 56 Count Intro starting on count 1 of the music – The intro is only danced once.**

**[1 – 8] Hold x4, Cross, Slowly Unwind To Face Front and Begin The Story**

1-4                      Start facing 6:00, Hold for 4 counts with feet apart 6:00  
5-8                      Cross R over L (5), Slowly unwind ½ turn L over 3 counts finishing with feet apart (6,7,8)  
12:00

**[9 – 16] Point/Look to Stars L to R, Twinkle Hand Down, Point/Look to Stars R to L, Twinkle Hand Down**

1-2                      Extend R arm across/up to L diagonal pointing R index finger up like a #1, look up at R finger (1), Keeping R arm straight, move R index finger out to R diagonal as if drawing a straight line from L to R, keep looking at R finger as it goes out to R as if looking at the stars (2)

**Lyrics: Billions, Billions 12:00**

3-4                      Wiggle fingers of R hand as you bring it down over 2 counts (3,4) 12:00  
5-6                      Extend L arm across/up to R diagonal pointing L index finger up like a #1, look up at L finger (5), Keeping L arm straight, move L index finger out to L diagonal as if drawing a straight line from R to L, keep looking at L finger as it goes out to L as if looking at the stars (6)

**Lyrics: Billions, Billions 12:00**

7-8                      Wiggle fingers of L hand as you bring it down over 2 counts (7,8) 12:00

**[17 – 24] Smooth Toe Struts w/ Snaps x2, 1/4 Turn L Smooth Toe Struts Side R & L w/ Snaps**

1-2                      Step R toe forward (1), Smoothly roll R heel down, snap both hands (2) 12:00  
3-4                      Step L toe forward (3), Smoothly roll L heel down, snap both hands (4) 12:00  
5-6                      Turn 1/4 L stepping R toe to R side keeping upper body open to 12:00, look to 12:00 (5),  
Smoothly roll R heel down, snap both hands (6) 9:00  
7-8                      Step L toe to L side turning upper body to 6:00, look to 6:00 (7), Smoothly roll L heel down,  
snap both hands (8) 9:00

**Note: Counts 17-24 are done in a low, crouched position like an animal on the hunt**

**[25 – 32] Point to Stars L to R, Twinkle Hand Down, 3/4 Circle Walk Walk Triple Step**

1-2                      Keeping feet where they are, open body to 12:00, look towards 12:00, Extend R index finger up to the L diagonal, looking at R finger (same place as count 9) (1), Move R index out to R diagonal, keep looking at R finger (same place as count 10) (2) 9:00  
3-4                      Wiggle fingers of R hand as you bring it down over 2 counts (3,4) 9:00  
5-6                      Turn 1/4 left stepping L forward to 6:00 (5), Turn 1/4 left stepping R forward to 3:00 (6) 3:00  
7&8                      Turning 1/4 left Step L forward (7), Close R behind L (&), Step L forward (8) 12:00

**Note: On the 3/4 circle, hold L index finger up and looking as if tracing all the stars in the sky**

**[33 - 40] V-Step, Step Forward R Diagonal, Didgeridoo Semi-Circle**

1-4                      Step R to R diag (1), Step L to L diagonal (2), Step R back to center (3), Step L next to R (4)

**Note: As you do the V-Step, throw hands forward/up with palms facing forward, fingers spread and slowly bring them down – Lyrics for counts 1-4 “I descend to the center of” 12:00**

5-6                      Step R to R opening body to R diagonal as you circle both hands out, around and forward indicating the “globe” (5), Bring little finger side of hands together, palms open as if reading a book, bend knees slightly (6) – Lyrics for counts 5-6 “the earth” 1:30

&7-8 Fold/clasp hands together palm to palm – do not interlace fingers (&), Bring thumbs toward lips and wiggle fingers as if playing a horn lifting hands and face up and over in an arc to the L pulling down on the L bending knees slightly (7,8) – The didgeridoo plays on these counts 10:30

**[41 - 48] R Knee Roll, L Knee Roll, Cross Rock, Side Triple with 1/8 Turn R**

1-2 Step R to R slowly rolling R knee out to R bringing hands across and out in front eyes with palms facing forward (1,2) Lyrics "I may be dreaming" 12:00  
3-4 Step L to L slowly rolling L knee out to L bringing hands down (3,4) 12:00  
5-6 Cross rock R over L (5), Recover on to L (6) 12:00  
7&8 Step R to R side (7), Step L next to R (&), Step R to R opening body to R diagonal (8) 1:30

**[49 - 56] Pivot 1/2 Turn L w/ Dip, Triple Forward, Diagonal Rocking Chair, Pivot 5/8 Turn L**

1-2 Step L forward toward 1:30, bending knees scooping arms out and down like a large bird (1)  
Turn 1/2 R transferring weight to R, straightening legs (2) 7:30  
3&4 Step L forward (3), Close R behind L (&), Step L forward (4) 7:30  
5&6& Rock R forward (5), Recover on to L (&), Rock R back (6), Recover on to L (&) 7:30  
7-8& Step R forward (7), Turn 1/2 L transferring weight to L (8), Turn 1/8 L lifting R foot slightly (&) 12:00

**Dance Now the 32 Count Dance begins! It is danced 8 times with no restarts or tags.**

**[1 – 8] Side/Drag, Ball Cross, Side, Sailor 1/4 R, Full Turn L (or Coaster Step)**

1-2 Large step R to R dragging L toe for 2 counts (1-2) 12:00  
&3-4 Step L beside R (&), Cross R over L (3), Step L to L (4) 12:00  
5&6 Step R behind L (5), Turn 1/4 R stepping L beside R (&), Step R forward prepping body R (6) 3:00  
7&8 Turn 1/2 L stepping L forward (7), Step R forward (&), Turn 1/2 L shifting weight to L (8) 3:00

**Note: Non-turning option on 7&8, omit the full turn by doing a coaster step or triple in place 3:00**

**[9 – 16] Skate, Skate, Diagonal Triple, Skate Skate, Diagonal Triple**

1-2 Lowering body/bending knees slightly, step R to R diag scooping arms down to the R (hands are cupped with palms up) as if scooping up earth or water (1), Step L to L diag scooping arms down to the L (hands are cupped with palms up) as if scooping up earth or water (2) 3:00  
3&4 Step R to R diagonal (3), Step L beside R (&), Step R to R diagonal (4) – As you do the diagonal triple, straighten body lifting both hands up to the R with palms facing up to the sky 3:00  
5-6 Lowering body/bending knees slightly, step L to L diag scooping arms down to the L (hands are cupped with palms up) as if scooping up earth or water (5), Step R to R diag scooping arms down to the R (hands are cupped with palms up) as if scooping up earth or water (6) 3:00  
7&8 Step L to L diagonal (7), Step R beside L (&), Step L to L diagonal (8) – As you do the diagonal triple, straighten body lifting both hands up to the L with palms facing up to the sky 3:00

**[17 – 24] Heel Grind 1/4 Turn R, Diagonal Crossing Triple, Full Turn L, Collect, Knee Pop**

1-2 Step R heel across L (1), Grind R heel turning 1/4 R stepping L back (2) 4:30  
&3&4 Step R beside L (&), Cross L over R (3), Step ball of R to R (&), Cross L over R (4) 4:30  
5-6 Squaring up to 3:00 step R back (5), Turn 1/2 L stepping L forward (6) 9:00

**Note: On counts 5-6 as you turn you may lift up on the ball of R extending L leg forward**

&7 Turn 1/4 L stepping R to R (&), Step L next to R opening body to L diagonal (7) 4:30  
&8 Pop both knees forward (&), Straighten both legs (8) 4:30

**[25 – 32] Cross, Hold, & Behind, Hold, & Diagonal Rocking Chair, Pivot 5/8 Turn L**

1-2 Squaring up to 6:00, Cross R over L (1), Hold (2) 6:00  
&3-4 Step L to L (&), Step R behind L (3), Hold (4) 6:00  
& Step L to L opening body to L diagonal 4:30

5&6& Rock R forward (5), Recover on to L (&), Rock R back (6), Recover on to L (&) 4:30  
7-8& Step R forward (7), Turn 1/2 L transferring weight to L (8), Turn 1/8 L lifting R foot slightly (&) 9:00

**[1-4] Ending – Following the 8th repetition of the dance, you will be facing 12:00, step R to R side reaching R index finger up to the L diagonal (look up to R finger), slowly over 4 counts bring R index finger out to the R diagonal (keep looking at R finger), Wiggle fingers of R hand as it slowly comes down.**

**As part of the 2024 Windy City Pro Choreography Challenge, we were given this song by event director Mark Cosenza and had a day and a half to create a dance to go with it. Thank you, Mark! We are so grateful for this opportunity! This song "One Milkali" (One Blood) was Australia's entry in the 2024 Eurovision competition and is sung by an Indigenous music group Electric Fields. We did some research and discovered that in the Australian Indigenous culture, music and dancing is used as a means of storytelling about nature, animals, humanity, the universe and how we are all connected. We were inspired to do the same with this choreography. We hope you enjoy our story!**

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