

# One Less

拍數: 64      牆數: 4      級數: Phrased Intermediate  
編舞者: Joey Warren (USA) & Brenna Stith (USA) - August 2014  
音樂: Problem (feat. Iggy Azalea) - Ariana Grande



(16 count intro) Sequence: A B C C Tag1 A B C C Tag1 A A B Tag2 C C C

## Part A- 32 counts

**SCUFF, HITCH, TOUCH, HEEL SWIVEL, FLICK, STEP, SIDE ROCK RECOVER CROSS, HEEL SWIVELS**

- 1 & 2      Scuff R fwd, Hitch R knee up, Touch R foot in front of L (12:00)  
&3&4      Swivel R heel out, Swivel back to center taking weight, Flick L Heel up, Step L beside R (12:00)  
5 & 6      Rock out on R, Recover over to L, Cross R over L (12:00)  
7 & 8      Step L out to side while swiveling both heels out to L, Swivel toes out to L, Swivel heels to L (weight on L) (12:00)

(The heel swivels should travel towards the L)

**SAILOR, SAILOR ½ TURN, SIDE ROCK RECOVER CROSS, ¾ TRIPLE TURN**

- 1 & 2      Step R behind L, Step L down in place, Step R out to R (12:00)  
3 & 4      Step L behind R, ¼ Turn L stepping r in place, ¼ Turn L stepping L over R (6:00)  
5 & 6      Rock R out to R, Recover over on L, Cross R over L (6:00)  
7 & 8      ¼ Turn R stepping L back, ½ Turn R stepping R fwd, Step L fwd (3:00)

**WALK X2, SHUFFLE, MAMBO ½ TURN, FULL TURN**

- 1 2      Step R fwd, Step L fwd (3:00)  
3 & 4      Step R fwd, Step L next to R, Step R fwd (3:00)  
5 & 6      Rock fwd on L, Recover back on R, ½ Turn L stepping L fwd (9:00)  
7 8      ½ Turn L stepping back on R, ½ Turn L stepping fwd on L (9:00)

**SIDE ROCK RECOVER CROSS, POINT, TOUCH, SLIDE, BACK ROCK RECOVER SIDE, CROSSING SHUFFLE**

- 1 & 2      Rock R out to R, Recover over to L, Cross R over L (9:00)  
3 & 4      Point L out to L, Touch L next to R, Big step out to L with L sliding R to L (9:00)  
5 & 6      Rock R back behind L, Recover down on L, Step out on R sliding L to R (9:00)  
7 & 8      Cross L over R, Step R out to R, Cross L over R (9:00)

## Part B- 16 counts

**BASIC X2, SWAY, ¼ RECOVER, FULL TURN**

- 1 2 &      Step R out to R, Rock L behind R, Recover on to R (9:00)  
3 4 &      Step L out to L, Rock R behind L, Recover on to L (9:00)  
5 6      Rock/Sway R out to R, ¼ Turn R recovering on to L (12:00)  
7 8      ½ Turn R stepping back on R, ½ Turn R stepping L fwd (12:00)

**¼ TURN BASIC, BEHIND SIDE CROSS, WALK AROUND ¾ TURN**

- 1 2 &      ¼ Turn R stepping R out to R, Rock L behind R, Recover on to R (3:00)  
3 4 &      Step L out to L, Step R behind L, Step L out to L (3:00)  
5 6 7 8      Cross R over L, ¾ Walk around stepping L, R, L (6:00)

## Part C- 16 counts

**STEP TOUCH X2, DOUBLE STEP RIGHT, STEP TOUCH X2, DOUBLE STEP LEFT**

- 1&2&      Step R out to R, Touch L next to R, Step L out to L, Touch R next to L (6:00)  
3&4&      Step R out to R, Step L next to R, Step R out to R, Touch L to R (6:00)  
5&6&      Step L out to L, Touch R next to L, Step R out to R, Touch L next to R (6:00)

7 & 8                Step L out to L, Step R next to L, Step L out to L (6:00)  
(Travel slightly forward during this section)

**CROSS ROCK RECOVER STEP, CROSS ROCK RECOVER ¼ TURN, JUMP OUT ¼ TURN JUMP IN ¼ TURN X2, WALK X2**

1 & 2                Cross Rock R over L, Recover back on L, Step R out to R (6:00)  
3 & 4                Cross Rock L over R, Recover back on R, ¼ Turn L stepping L fwd (3:00)  
5&6&               ¼ Turn L jumping both feet out, ¼ Turn L jumping both feet in, ¼ Turn L jumping both feet out, ¼ Turn L jumping both feet in

(weight needs to be on L here) (3:00)

Easy: ¼ L Stepping R out R, ¼ L hitching L knee up, ¼ L stepping L out L, ¼ L hitching R knee up

7 8                Walk fwd on R, Walk fwd on L (3:00)

**Tag 1- 8 counts**

**SIDE TOGETHER CROSS, FULL TURN, RECOVER, CROSS, SIDE ROCK RECOVER**

1 2 3                Step R out to R, Step L next to R, Cross R over L  
4 &                ¼ Turn R stepping back on L, ½ Turn R stepping R fwd  
5 6 7               ¼ Turn R stepping L out to L, Recover to R, Cross L over R  
8 &                Rock R out to R, Recover over to L

(Always occurs at the 12:00 wall)

**Tag 2- 4 counts**

**CROSS, UNWIND FULL TURN**

1234                Cross R over L, Hold, Full Turn over counts 3 – 4 (weight ending on L)

(Occurs at the 3:00 wall) □

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