

ONE WORD

Choreographer: Alan G. Birchall (June 2005)

Level: Intermediate/Advanced

Dance: Two Wall Line Dance

Steps/Count: 64

Music: One Word (Album Version) – Kelly Osbourne

BPM: 115

CD: Sleeping In The Nothing Or Cd Single **Start:** On Vocals **Count:** 32 **Seconds:** Album: 53 Single: 19

STEPS:

TOUCH'S, 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 '0' Clock)
&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 '0' Clock)
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

Note: On Steps &1 - &3 you will be travelling 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 '0' Clock)
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 '0' Clock)

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 '0' Clock)
27-28 Cross Touch Right Behind Left, Step Right To Right Making ¼ Turn Left (3 '0' Clock)
29-30 Making ½ Turn Left Step Forward On Right (9 '0' Clock)
31-32 ½ Pivot Left, Step Forward On Right (3 '0' Clock)

SIDE SHUFFLE, ROCK, RECOVER x2

- 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-Cross Left Behind Right 40- Unwind ¼ 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 ½ Turn Right Step Forward On Right (9 '0' Clock)
55&56 Step Forward On Left, Step Right By Left, Step Forward on Left

CROSS, ¼ TURN, STEP, TOUCH, STEP, ½ TURN, STEP TOUCH

- 57-58 Cross Right Over Left, Making ¼ Turn Right Step Back on Left (12 '0' Clock)
59-60 Step Back On Right, Touch Left Toe Back
61-62 Step Forward On Left, Making ½ Turn Left Step Back On Right (6 '0' Clock)
63-64 Step Back On Left, Touch Right Toe Back

START AGAIN

