

ONE THING



Choreographer: Alan G. Birchall Nov 27th 2004

Level: Beginner/Intermediate

Dance: Four Wall Linedance

Steps/Count: 32 + 4 Count Easy Tag x2 & Restart During 5th Wall

Music: One Thing – Pat Green **CD:** The Lucky Ones **BPM:** 140

Start: On Vocals **Counts:** 16 From Start Of Heavy Beat. **Seconds:** 14

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Alternatives: NOTE – No Tags Or Restarts when using alternatives

Music: The Eagles – Already Gone **CD:** Greatest Hits **Start:** On Vocals **Seconds:** 14 **BPM:** 147

Music: The Doobie Brothers – The Doctor **CD:** Cycles **Start:** On Vocals **Seconds:** 33 **BPM:** 144

STEPS

KICK BALL STEP, SKATE x2, KICK BALL CHANGE, POINT ½ TURN, STEP

1&2 Kick Right Foot Forward, Step Right By Left, Step Forward On Left

3-4 Skate Right, Skate Left

5&6 Kick Right Foot Forward, Step Right By Left, Step Left By Right

7-8 Point Right To Right, Make ½ Turn Right Stepping Right By Left (6 '0' Clock)

ROCK, RECOVER, SHUFFLE BACK, ROCK, RECOVER, FULL TURN

9-10 Rock Forward On Left, Recover On Right

11&12 Shuffle Backwards Stepping Left, Right, Left

13-14 Rock Back On Right, Recover On Left

15-16 Full Turn Making ½ Turn Left Stepping Back On Right, Make ½ Turn Left Stepping Forward On Left (6 '0' Clock)

Restart Here During 5th Wall (6 '0' Clock)

Option: Walk Forward Right, Left

CROSS, POINT x 2, CROSS, BACK, SIDE, CROSS

17-18 Cross Right Over Left, Point Left To Left

19-20 Cross Left Over Right, Point Right To Right

21-22 Cross Right Over Left, Step Back On Left

23-24 Step Right To Right, Cross Left Over Right

SIDE SHUFFLE, ROCK, RECOVER, ¼ SIDE SHUFFLE, ROCK, RECOVER

25&26 Step Right To Right, Left By Right, Step Right To Right

27-28 Rock Back On Left, Recover On Right

29&30 Step Left To Left, Right By Left, Step Left To Left Making ¼ Turn Right (9'0' Clock)

31-32 Rock Back On Right, Recover On Left

START AGAIN

Easy 4 Count Tag After 2nd Wall (6 '0' Clock) and 7th Wall (12 '0' Clock)

STEP, ½ PIVOT x 2

1-2 Step Forward On Right, ½ Pivot Left

3-4 Step Forward On Right, ½ Pivot Left