



Specializing in
Line Dancing &
Couples Flow Dancing &
To All Types of Music

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons

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ONE STEP TO THE LEFT

Choreographed by: Audrey Watson (Scotland) Sept 08
Music: 123 by Ann Tayler (CD: 182bpm)
Descriptions: 64 count - 4 wall - Beginner/Intermediate level line dance

Start dance 32 Count Intro

1-8 Side Tog 1/4 Turn Touch, 1/4 Turn Touch, 1/4 Turn Touch.

- 1-2 Step left to left side, close right next left.
3-4 Turn 1/4 left stepping fwd on left, touch right next left.
5-6 Turn 1/4 left stepping back on right, touch left next right.
7-8 Turn 1/4 left stepping fwd on left, touch right next left. (Clap hands on touches)

9-16 Side Tog 1/4 Turn Touch, Side Touch, Side Touch.

- 1-2 Step right to right side, close left next right.
3-4 Turn 1/4 right stepping fwd on right, touch left next right.
5-6 Step left to left side, touch right next left.
7-8 Step right to right side, touch left next right. (Clap hands on touches)

17-24 Fwd Rock Back Hold, Bac K Lock Step, Hold.

- 1-2 Rock fwd on left, recover back on right.
3-4 Step back on left, hold for a beat.
5-6 Step back on right, lock left over right.
7-8 Step back on right, hold for a beat

25-32 Back Rock Fwd, Hold, Triple Full Turn Hold. (If You Don't Like Turns - Right Shuffle Fwd)

- 1-2 Rock back on left, recover fwd on right.
3-4 Step fwd on left, hold for a beat.
5-8 Triple full turn left stepping right, left, right, Or easier option (Right shuffle fwd)

ADD TAG here on wall 6 - Restart dance from beginning again

33-40 Toe Strut, Back Rock, Side Hold, 1/2 Hinge Turn Hold.

- 1-2 Step left toe to left side, drop heel to floor.
3-4 Rock right back behind left, recover fwd on left.
5-6 Step right to right side, hold for a beat.
7-8 Turn 1/2 left stepping left to left side, hold for a beat.

41-48 Cross Step Cross Hold, 1/4 Turn Hold. 1/2 Turn Hold.

- 1-2 Cross right over left, step left to left side. < BR>3-4 Cross right over left, hold for a beat.
5-6 Turn 1/4 right stepping back on left, hold for a beat.
7-8 Turn 1/2 right stepping fwd on right, hold for a beat.

49-56 Hip Bumps, Back Coaster Step, 1/2 Turn Spin Left.

- 1-2 Step left to left side bumping hips left, bump hips right.
3-4 Bump hips left, bump hips right.
5-6 Step back on left, step right next left.
7-8 Step fwd on left, spin 1/2 turn left on ball of left foot.

57-64 Right Lock Step, Left Lock Step, Stomp, Hold.

- 1-2 Step fwd on right, lock left behind right.
3-4 Step fwd on right, step fwd on left.
5-6 Lock right behind left, step fwd on left.
7-8 Stomp fwd on right, hold for a beat.

4 COUNT TAG: STEP TOUCH X 2 to be ADDED at the END of walls: 1 and 3 and AFTER count 32 on wall 6

- 1-2 Step left to left side, touch right next left.
3-4 Step right to right side, touch left next right.