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| One Wing |  |

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| **Count:** | 96 | **Wall:** | 2 | **Level:** | Advanced | . |
| **Choreographer:** | Fred Whitehouse (IRE) - January 2016 | | | | |
| **Music:** | One Wing - Jordin Sparks : (Album: Sparkle) | | | | |
| . | | | | | | |

**Intro – 3 Counts (fast intro)**

**S1: Step sweep x 2,**

|  |  |
| --- | --- |
| 1,2,3 | Step LF forward, sweep RF from back to front over 2 counts |

|  |  |
| --- | --- |
| 4,5,6 | Step RF forward, sweep LF from back to front over 2 counts |

**S2: ½ diamond fall away**

|  |  |
| --- | --- |
| 1,2,3 | Cross LF over R, step RF back diagonal, step LF back diagonal (10.30) |

|  |  |
| --- | --- |
| 4,5,6 | Step RF back, step LF to L squaring up to 9.00, step RF forward diagonal (7.30) |

**S3: Step sweep x2**

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| --- | --- |
| 1,2,3 | Step LF forward squaring up to 6.00, sweep RF from back to front over 2 counts |

|  |  |
| --- | --- |
| 4,5,6 | Step RF forward, sweep LF from back to front over 2 counts |

**S4: ½ diamond fall away**

|  |  |
| --- | --- |
| 1,2,3 | Cross LF over R, step RF back diagonal, step LF back diagonal (4.30) |

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| --- | --- |
| 4,5,6 | Step RF back, step LF to L squaring up to 9.00, step RF forward diagonal (1.30) |

**S5: Step point x2**

|  |  |
| --- | --- |
| 1,2,3 | Step LF forward, point RF to R side (facing diagonal 1.30) |

|  |  |
| --- | --- |
| 4,5,6 | Step RF back, point LF to L side squaring up to 12 (as you look forward at 12.00) |

**S6: Weave, drag**

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| --- | --- |
| 1,2,3 | Cross LF over R, step RF to R side, step LF behind R, |

|  |  |
| --- | --- |
| 4,5,6 | Step R to R side, drag LF towards R |

**S7: Drag, ½ twinkle turn**

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| --- | --- |
| 1,2,3 | Step LF to L side, drag RF towards L |

|  |  |
| --- | --- |
| 4,5,6 | Cross RF over L, ¼ turn R stepping LF back (3.00), ¼ turn R stepping RF to R side (6.00) |

**S8: Step sweep, weave**

|  |  |
| --- | --- |
| 1,2,3 | Cross LF over R, sweep RF from back to front (6.00) |

|  |  |
| --- | --- |
| 4,5,6 | Cross RF over L, step LF to L side, step RF behind L |

**S9: Drag x 2**

|  |  |
| --- | --- |
| 1,2,3 | Step LF to L side, drag RF towards L |

|  |  |
| --- | --- |
| 4,5,6 | Step RF to R side, drag LF towards R making 1/8 turn R finish facing diagonal 7.30 |

**S10: Forward turning basic**

|  |  |
| --- | --- |
| 1,2,3 | Step LF forward, ¼ turn L stepping RF to R side, ¼ turn L stepping LF back (dance on the diagonal) |

|  |  |
| --- | --- |
| 4,5,6 | Step RF back, ¼ turn L stepping LF to L side, ¼ turn L stepping RF forward (7.30) |

**RESTART HERE: walls 2 & 4 facing 12.00**

**S11: Sway forward, sway back with prep**

|  |  |
| --- | --- |
| 1,2,3 | Rock forward on LF (over 3 counts) |

|  |  |
| --- | --- |
| 4,5,6 | Recover on to RF (prep body to R) |

**S12: ½ pencil turn L, Full turn forward**

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| --- | --- |
| 1,2,3 | Make ½ turn L placing weight on LF closing RF next to L (pencil turn) |

|  |  |
| --- | --- |
| 4,5,6 | Step forward RF, ½ turn R stepping LF back, ½ turn R stepping RF forward (1.30) |

**S13: Walk x2**

|  |  |
| --- | --- |
| 1,2,3 | Walk forward on LF drag R |

|  |  |
| --- | --- |
| 4,5,6 | Walk forward on RF drag L |

**TAG during wall 5**

**S14: Forward turning basic**

|  |  |
| --- | --- |
| 1,2,3 | Step LF forward, ¼ turn L stepping RF to R side, ¼ turn L stepping LF back (dance on the diagonal) |

|  |  |
| --- | --- |
| 4,5,6 | Step RF back, ¼ turn L stepping LF to L side, ¼ turn L stepping RF forward (1.30) |

**S15: Sway forward, sway back with prep**

|  |  |
| --- | --- |
| 1,2,3 | Rock forward on LF (over 3 counts) |

|  |  |
| --- | --- |
| 4,5,6 | Recover on to RF (prep body to R) |

**NOTE: On this section of rocks feel free to double clap as you rock forward and double clap as you prep. You will hear the big beats the first 2 times you dance this section but not on the third!**

**S16: ½ pencil turn L, Full turn forward**

|  |  |
| --- | --- |
| 1,2,3 | Make ½ turn L placing weight on LF closing RF next to L (pencil turn) |

|  |  |
| --- | --- |
| 4,5,6 | Step forward RF, ½ turn R stepping LF back, ½ turn R stepping RF forward (7.30) |

**To start the dance again square up to 6.00 as you take the first step on LF.**

**TAG: [18 counts] Happens during wall 5 (AFTER S13)**

**Monterey point hold, spiral full turn, sweep**

|  |  |
| --- | --- |
| 1,2,3,4, | Step LF forward to 12.00, point RF to R side hold until count 4 |

|  |  |
| --- | --- |
| 5,6 | Make full Spiral turn R keeping weight on L, step RF forward sweeping LF from back to front |

**Monterey point hold, spiral full turn, sweep**

|  |  |
| --- | --- |
| 1,2,3,4, | Step LF forward to 12.00, point RF to R side hold until count 4 |

|  |  |
| --- | --- |
| 5,6 | Make full Spiral turn R keeping weight on L, step RF forward sweeping LF from back to front |

**Walk x2**

|  |  |
| --- | --- |
| 1-6 | Cross LF forward, cross RF forward. (2 slow cross walks) |

**Hope you enjoy this little waltz**