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| One Woman I Need |  |

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| **Count:** | 48 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Lisa McCammon (USA) - October 2017 | | | | |
| **Music:** | One Woman I Need (feat. The Texas Horns) - Anson Funderburgh & The Rockets : (CD: Which Way Is Texas) | | | | |
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**#16 count intro; start with weight on L**

**Country options:**

**Dance Off My Blues by Dan Albro; CD Dan Albro & Sons, 112 bpm; 32 count intro (during instrumental)**

**or Sun Don't Let Me Down by Keith Urban, CD Ripcord, 112 bpm; 24 count intro**

**S1: STEP, TURN RIGHT ½, BACK-LOCK-BACK, BACK ROCK, RECOVER, TRIPLE FORWARD**

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| 1-2 | Step forward R, turn right ½ [6] stepping back L |

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| --- | --- |
| 3&4 | Step back R, cross L, step back R |

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| --- | --- |
| 5-6 | Rock back L, recover R |

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| --- | --- |
| 7&8 | Step forward L, close R, step forward L |

**S2: STEP, POINT, STEP, POINT; SYNCOPATED JAZZ BOX ¼ RIGHT-CROSS, POINT**

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| 1-4 | Step forward R, point L to side, step forward L, point R to side |

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| 5-6 | Cross R, step back L |

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| & | Turn right ¼ [9] stepping R to side |

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| 7-8 | Cross L, point R to side |

**(Repeat the first 8 counts--this always happens facing a side wall.)**

**S3: STEP, TURN RIGHT ½, BACK-LOCK-BACK, BACK ROCK, RECOVER, TRIPLE FORWARD**

|  |  |
| --- | --- |
| 1-2 | Step forward R, turn right ½ [3] stepping back L |

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| --- | --- |
| 3&4 | Step back R, cross L, step back R |

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| 5-6 | Rock back L, recover R |

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| 7&8 | Step forward L, close R, step forward L |

**S4: FORWARD ROCK, RECOVER, SIDE ROCK, RECOVER; SAILOR STEP, COASTER ¼ LEFT**

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| 1-4 | Rock forward R, recover L, rock side R, recover L |

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| 5&6 | Step R behind, step L to side, step R to side |

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| --- | --- |
| 7&8 | Turn left ¼ [12] stepping back L, close R, step forward L \*\*\*OPTIONAL RESTART |

**S5: STEP, TURN LEFT ½, HIP BUMP RLR, HIP BUMP LRL, STEP, TAP**

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| --- | --- |
| 1-2 | Step forward R, turn left ½ [6] (this is your new wall) |

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| --- | --- |
| 3&4 | Stepping R slightly forward, bump hips forward-back-forward, ending weight R |

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| --- | --- |
| 5&6 | Stepping L slightly forward, bump hips forward-back-forward, ending weight L |

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| --- | --- |
| 7-8 | Step forward R, tap L toes at R heel (open slightly to left diagonal) |

**S6: BACK, TOUCH, BACK, TOUCH; COASTER STEP, OUT-OUT-IN-IN**

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| --- | --- |
| 1-4 | Step L back to left diagonal, touch R home; step R back to right diagonal, touch L home |

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| --- | --- |
| 5&6 | Squaring to wall, step back L, close R, step forward L |

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| --- | --- |
| &7 | Step R to side, step L to side |

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| --- | --- |
| &8 | Step R in, step L in |

**\*\*\*The Restarts aren't strictly necessary, so less experienced dancers may prefer to dance through six repetitions of 48 counts each, and will end at 12:00. However, dancers more attuned listening while they dance May prefer to restart after 32 counts during the 3rd and 4th repetitions. The short patterns always start and end at 12:00. With the restarts, the dance ends at the front during the 7th repetition after 32 counts. The restarts will bump the difficulty slightly up.**

**Sequence with Restarts: 16; 48, 48, 32, 32, 48, 48, 32.**

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