

# And One

**Count:** 32    **Wall:** 4    **Level:** High Intermediate Hip Hop

**Choreographer:** Anthony Gordon (Florida, USA) June 2017

**Music:** Chocolate by Big Boi (ft. Troze)



**Count In: 64 count intro (starts just before “Uh”, beginning of 1st verse)**

**[1 – 8] Walk L-R, L flick, step L, L heel swivel, L pony hitch, L Step, R cross touch, R point**

1 2                    Step forward L (1), step forward R (2) 12.00  
&3&4                Flick L behind R (&), step L to left side (3), swivel L heel out (&), swivel L heel in (4)  
                         12.00  
5 6                    Make 1/8 turn left as you hop on ball or R and hitch L knee (5), step forward on L (6)  
                         10.30  
7 8                    Touch R over L (7), point R out to R side (8) 10.30

**Styling (&3&4) Bring R arm up towards face, closed fist, palm facing in, pointing up (&), rotate R arm 90 degrees to left (3), punch R arm left (&), bring R arm back (4)**

**Styling (5) With arms at sides, palms facing down, push hands down while hitching (5)**

**[9 – 16] R Sailor, Touch L behind R, L point, L over R crossing shuffle, R kick step lock step 12.00**

1&2                    Cross R behind L (1), close L (&), step R to right (2) 12.00  
3 4                    Touch L behind R [keep majority weight on R] (3), point L to left (4) 12.00  
5&6                    Cross L over R (5), step R next to L (&), cross L over R (6) 12.00  
7&8&                Kick R (7), step in place R (&), lock L behind R (8), step forward R (&) 12.00

**[17 – 24] L side, R behind, L side, R cross rock recover, L cross rock L coaster step**

1 2                    Step L to left side (1), cross R behind L (2) 12.00  
3 4&                Step L to left side (3), cross rock R over L (4), recover weight on L (&) 10.30  
5 6&                Step R to right side (5), cross rock L over R (6), recover weight R (&) 1.30  
7&8                Step back on L (7), close R (&), step forward on L (8) 1.30

**[25 – 32] Close R, Camel Walk, Step L, syncopated box step 1/8 right, heavy step on L, jump back on R**

1 2                    Close R with drag and L knee pop (1), step forward on L (2) 1.30  
3 4                    Close R with drag and L knee pop (3), step forward on L (4) 1.30  
5&6                Cross R over L (5), step back L making 1/8th turn right (&), step R to right side (6)  
                         3.00  
7 8                    Heavy step forward on L while leaning forward (7), hop back on R while kicking L  
                         forward (8) 3.00

**Styling (1 2 3 4) Lean shoulders right when closing R to L foot on 1 and 3**

**Styling (8) Hands over head and mimic shooting a basketball (Walls 1 and 4 only)**

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