

# One Man Band

Count: 28

Wall: 2

Level: Improver

Choreographer: Hiroko Carlsson (AUS) - February 2019

Music: One Man Band - Old Dominion : (iTunes)



(Intro: 16 counts)

**[S1] Fwd Mambo, Coaster Step, Scuff-Scuff-Back, Scuff-Scuff-Fwd**

1&2 Rock/step R forward, Recover weight on L, Step back on R  
3&4 L coaster step  
5&6 Scuff R forward weight on L, Scuff R back weight on L, Step back on R  
7&8 Scuff L back weight on R, Scuff L forward weight on R, Step forward on L (12:00)

**[S2] 1/4L Reverse Rumba Box, Skate-Skate, Chase Turn Fwd**

1&2 Step R to right, Step L next to R, Make a 1/8 turn left stepping back on R  
3&4 Step L to left, Step R next to L, Make a 1/8 turn left stepping forward on L (9:00)  
5 6 Skate forward on R, Skate forward on L  
7&8 Step forward on R, Make a 1/2 turn left recover weight on L, Step forward on R (3:00)

**[S3] Side, Behind, Side Rock-Cross, 1/4R, 1/4R Side, Behind Rock-Side**

1 2 Step L to left, Step R behind L  
3&4 Rock/step L to left, Recover weight on R, Cross L over R  
5 6 Make a 1/4 turn right stepping forward on R, Make a 1/4 turn right stepping L to left  
7&8 Rock/step R behind L, Recover weight on L, Step R to right (9:00)

**[S4] Syncopated Weave R, Cross Rock-1/4L**

1&2& Cross L over R, Step R to right, Step L behind R, Step R to right  
3&4 Rock/cross L over R, Recover weight on R, Make a 1/4 turn left stepping forward on L (6:00)

**Restart with step changes: Wall 3 count 16**

**[S2] 1/4L Reverse Rumba Box, Skate-Skate, Step-Pivot 1/4L**

1&2 Step R to right, Step L next to R, Make a 1/8 turn left stepping back on R  
3&4 Step L to left, Step R next to L, Make a 1/8 turn left stepping forward on L (9:00)  
5 6 Skate forward on R, Skate forward on L  
7 8 Step forward on R, Make a 1/4 turn left recover weight on L (6:00)

**Tag: End of Wall 6 (12:00) – the first 4 counts**

1&2 Rock/step R forward, Recover weight on L, Step back on R  
3&4 L coaster step (12:00)

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 22/Feb/19)