

One Man Band

Count: 28

Wall: 4

Level: Easy Intermediate

Choreographer: Bruce Tau (NZ) - May 2021

Music: One Man Band - Old Dominion



#16 count intro

[1-9] SIDE, ROCK BEHIND, RECOVER, SIDE, ROCK BEHIND, RECOVER, FULL TURN RIGHT, CROSS, SIDE ROCK, ¼ TURN LEFT RECOVER

- 1,2& Step Right foot to Right Side, Rock Left foot behind Right, Recover weight onto Right foot
- 3,4& Step Left foot to Left Side, Rock Right foot behind Left, Recover weight onto Left foot
- 5,6,7 Make ¼ turn Right and step Right foot Forward, Make ½ turn Right and step Left foot Back
Make ¼ turn Right and step Right foot to Right Side (Full turn to the right)
- 8&1 Step Left foot across in front of Right, Rock Right foot to Right Side, Make ¼ turn Left and recover weight onto Left foot [9 o'clock]

[10-17] MAMBO FORWARD, COASTER BACK SWEEP, CROSS, ¼ TURN, SAILOR STEP

- 2&3 Rock Right foot Forward, Recover weight back onto Left foot, Step Right foot together
- 4&5 Step Left foot Back, Step Right foot next to Left, Step Left foot Forward and Sweep Right foot around towards the front
- 6,7 Step Right foot across in front of Left foot, Make ¼ turn Right and step Left foot Back and sweep Right Foot around towards the back
- 8&1 Step Right foot Behind Left, Step Left foot to Left Side(*), Step Right foot to Right Side [12 o'clock]

(*) Restart during wall 3

[18-24] SAILOR STEP, BEHIND, ¼ TURN FORWARD, DOROTHY STEP, STEP, STEP ½ PIVOT

- 2&3 Step Left foot Behind Right, Step Right foot to Right Side, Step Left foot to Left Side
- 4& Step Right foot Behind Left, Make ¼ turn Left and Step Left foot Forward
- 5,6& Step Right foot Forward to Right diagonal, Step/Lock Left foot behind Right, Step Right foot Forward to Right Diagonal
- 7,8& Step Left foot Forward, Step Right foot Forward, ½ Pivot Left weight ending on Left foot [3 o'clock]

[25-28] SIDE ROCK, RECOVER, TOGETHER, SIDE ROCK, RECOVER, TOGETHER

- 1,2& Rock Right foot to Right Side, Recover weight onto Left foot, Step Right foot together
- 3,4& Rock Left foot to Left Side, Recover weight onto Right foot, Step Left foot together [3 o'clock]

Start Again

Restart: During the 3rd wall, after count 16&

Tag: After wall 6

[1-4] SWAYx4

- 1,2,3,4 Step Right foot to Right Side Swaying hips Right, Sway hips Left, Sway hips Right, Sway Hips Left

Finish: During wall 8, keep dancing up to count 20&, then make ¼ turn Left and Step Right foot to Right Side