

One Way

Count: 48

Wall: 2

Level: Phrased Beginner

Choreographer: Danilo Carta (IT) - February 2022

Music: One Way - thelukasband & Luke Munns



(Christian Rock Country Line Dance)

Structure: Part A (16 counts), Part B (32 counts), Restart, Tag (4 counts), Break (16 counts)

PART A: 16c

S1: GRAPEVINE, FLICK, GRAPEVINE, FLICK

- 1-2 Right step to right, Left cross behind
- 3-4 Right step to right, Left flick
- 5-6 Left step to left, Right cross behind
- 7-8 Left step to left, Right flick

S2: ROCKING CHAIR, TURNING STEP, STOMP, TURNING STEP, STOMP

- 1&2 Right rock fw, Recover
- 3&4 Right rock back, Recover
- 5-6 Turn ¼ to left & Right step fw, Left stomp near
- 7-8 Turn ¼ to left & Left step fw, Right stomp near

PART B: 32c

S1: STEP, FLICK, RECOVER, HOOK, STEP BACK, HOOK, RECOVER, FLICK

- 1-2 Right step fw, Left flick
- 3-4 Left recover, Right hook over
- 5-6 Right step back, Left hook over
- 7-8 Left recover, Right flick

S2: PIVOT (TWICE), HEEL SWITCHES (TWICE)

- 1-2 Right step fw, turn ½ to left
- 3-4 Right step fw, turn ½ to left
- 5-6 Right heel fw, Right together
- 7-8 Left heel fw, Left together

S3: STEP, FLICK, RECOVER, HOOK, STEP BACK, HOOK, RECOVER, FLICK

- 1-2 Right step fw, Left flick
- 3-4 Left recover, Right hook over
- 5-6 Right step back, Left hook over
- 7-8 Left recover, Right flick

S4: PIVOT (TWICE), STEP DIAGONALLY, STOMP, STEP DIAGONALLY, STOMP

- 1-2 Right step fw, turn ½ to left
- 3-4 Right step fw, turn ½ to left
- 5-6 Right step fw diagonally to right, Left stomp near
- 7-8 Left step fw diagonally to left, Right stomp near

RESTART on 2nd part B after 16 counts

TAG: 4 counts after 4th and 6th part B (ending)

- 1-2 Right step back diagonally to right, Left stomp near
- 3-4 Left step back diagonally to left, Right stomp near

BREAK: 16 counts on 4th part B after Tag

Sequence: AAAA – BB (RESTART) – AAAA – BB – TAG – BREAK – AAAA – AAAA – BB – TAG (ENDING)
