

# On The One Road

**COPPER** KNOB  
STEPSHEETS

**Count:** 32

**Wall:** 2

**Level:** Absolute Beginner

**Choreographer:** Helaine Norman (USA) - March 2023

**Music:** On the One Road - The Freeman : (Album: The Greatest Irish Songs of Freedom)



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**Intro: 16 (vocal) - No tags or restarts**

## **I. HUSTLE WALK**

1-4 Walk forward R L R, kick L forward

5-8 Walk back L R L, touch R together

## **II. HEEL SWITCHES X4**

1-4 Touch R heel forward, step R together, touch L heel forward, step L together

5-8 Touch R heel forward, step R together, touch L heel forward, step L together

## **III. FORWARD, SIDE, TOGETHER, HOLD; FORWARD, SIDE, TOGETHER, HOLD**

1-4 Touch R toe forward, touch R side, step R together, hold

5-8 Touch L toe forward, touch L side, step L together, hold

## **IV. WALK 1/2 CIRCLE LEFT; JAZZ BOX**

1-4 Walk in 1/2 a circle turning left R L R L (6:00)

5-8 Step R over, step L back, step R side, step L together

**REPEAT**

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**Last Update - 1 Mar 2023**

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