

Quittin' One Thing

Count: 32

Wall: 4

Level: Improver

Choreographer: Carol Cotheman (USA) - April 2023

Music: One Thing At A Time - Morgan Wallen



#32-count intro. No Tags or Restarts!

Twist, Twist, Heel, Hook, Step, Touch, Step, Hook

- 1-2 Twist/swivel both heels left with knees slightly bent, twist heels back to center straightening legs
- 3-4 Touch right heel forward, hook right over left
- 5-6 Step right slightly forward, touch left behind right
- 7-8 Step left back, hook right over left (or touch right toe in front of left)

***Optional snaps – Snap fingers on count 6 at shoulders or above. Swing arms down and back on count 7 and snap fingers on count 8.**

Step, Lock, Step, Sweep, ¼ Jazz Box Cross

- 1-2 Step right forward, lock left behind right
- 3-4 Step right forward, sweep left from back to front
- 5-6 Step left over right, begin ¼ turn left stepping right back
- 7-8 Finish ¼ turn left stepping left to side, step right over left (9:00)

Side, Slide, Rock, Recover, ¼ Monterey Turn

- 1-2 Big step to left, slide right towards left
- 3-4 Rock right behind left, recover to left
- 5-6 Point right to side, ¼ turn right stepping right in place
- 7-8 Point left to side, step left in place (12:00)

¼ Monterey Turn, Cross, Back, Stomp, Stomp

- 1-2 Point right to side, ¼ turn right stepping right in place
- 3-4 Point left to side, step left in place (3:00)
- 5-6 Cross right over left, step left back
- 7-8 Stomp right in place, stomp left in place, weight on both feet ready for beginning twist.

Repeat and Enjoy!

Ending: Final Wall (14) starts facing 3:00. Dance 24 Counts. Add ¼ turn left point right to side and strike a pose!