

One Week

Count: 32

Wall: 0

Level:

Choreographer: Abbey White

Music: One Week - Barenaked Ladies



JUMP, KICK, COASTER, SCUFF, ROCK, ROCK, BEHIND, ¼, ¼

- 1-2 Jump with feet together, land on left, kicking right forward at 45
- 3&4 Right coaster (right back, left together, right forward)
- &5-6 Scuff left to left side, step on left, replace weight on right
- 7&8 Step left behind right, step right forward into ¼ right, step left forward into ¼ right

ROCK, REPLACE, ¼, ¼, CROSS, ¼, TOUCH, STEP, TURN, TURN

- 1-2 Rock right to right side, replace weight onto left
- 3&4 Rock right back into ¼ turn left, step left back into ¼ left, cross right over left
- 5-6 Step left back into ¼ right, touch right next to left
- 7&8 Step forward right, step left back into ½ right, step right forward into ½ right

JUMP, STEP, TOUCH, TOE UNWIND, SIDE AND CROSS, TURN, TURN, TOUCH

- 1&2 Jump with feet together, step left to left side, touch right to right side
- 3-4 Touch right toe behind, unwind ½ right replacing weight onto right
- 5&6 Step left to left side, replace weight onto right, cross left over right
- 7-8 Step right back into ¼ left, ½ turn left stepping left forward, touch right next to left

ROCK, ROCK, TOE, HEEL, ¼, ROCK, REPLACE, HOLD

- 1-2 Rock forward onto right, rock back onto left
- 3-4 Touch right toe back, drop right heel
- 5-6 ¼ turn left, rocking left to left side, replace weight onto right
- 7-8 Replace weight onto left, hold

Variation: side body roll, for 7, replace weight on 8

REPEAT

RESTART

Restart on the 4th and 9th wall, after the first 8 counts; for counts 7&8, instead of turning, step left behind right, right to right side, and cross left over right, then restart
