One Plus One (1+1)



Compte: 64 Mur: 1 Niveau: Phrased Intermediate

Chorégraphe: Jim PAVADÉ (FR) - October 2021

Musique: 1+1 (feat. Amir) (Banx & Ranx Remix) - Sia



The dance starts with the body weight on the LF

Sequence: AB - AB - AB - AB - A Tag B

Sequence A (32 counts)

Section 1 : 3 Forward Walk Steps, Mambo Step with 1/4 Turn L, Step Forward with 1/4 Turn L, Recover with 1/4 Turn L, Right Shuffle Forward

123 RF forward, LF forward, RF forward

4 & 5 Mambo LF forward - Recover on RF, LF to side with ¼ turn L

6 7 RF forward with ¼ turn L, Recover on LF with ¼ turn L

8 & 1 RF forward, LF cross behind RF, RF forward

Section 2 : 2 Forward Walk Steps, Mambo Step with 1/4 Turn L, Step Forward with 1/4 Turn L, Recover with 1/4 Turn L, Right Shuffle Forward

2 3 LF forward, RF forward

4 & 5 Mambo LF forward - Recover on RF, LF to side with ¼ turn L RF forward with ¼ turn to L, Recover on LF with ¼ turn L

8 & 1 RF forward, LF cross behind RF, RF forward

Section 3 : 2 Forward Walk Steps, Mambo Step with 1/4 Turn L, Step Forward with 1/4 Turn L, Recover with 1/4 Turn L, Right Shuffle Forward

2.3 LF forward, RF forward

4 & 5 Mambo LF forward - Recover on RF, LF to side with ¼ turn L

6 7 RF forward with ¼ turn L. Recover on LF with ¼ turn L

8 & 1 RF forward, LF cross behind RF, RF forward

Section 4 : 2 Forward Walk Steps, Mambo Step with 1/4 Turn L, Step Forward with ½ Turn L, Recover with ½ Turn L, Right Shuffle Forward

2.3 LF forward, RF forward

4 & 5 Mambo LF forward - Recover on RF, LF to side with ¼ turn L

RF forward with ¼ turn L, Recover on LF with ¼ turn L

8 & 1 RF forward, LF cross behind RF, RF forward

Sequence B (32 counts)

Section 1: Syncopated Time Step Chachacha Box Turning Right

2 & 3 LF next to RF, RF in place, LF to side (12h00)

4 & 5 RF next to LF, LF in place, RF to side with ¼ turn R (03h00) 6 & 7 LF next to RF, RF in place, LF to side with ¼ turn R (6h00) 8 & 1 RF next to LF, LF in place, RF to side with ¼ turn R (09h00)

Section 2: Cuban Break Steps (Cross Mambo) LF & RF

2 & 3 & LF cross over RF, RF in place, LF to side, RF in place

4 & 5 LF cross over RF, RF in place, LF to side

6 & 7 & RF cross over LF, LF in place, RF to side, LF in place

8 & 1 RF cross over LF, LF in place, RF to side with 1/8 turn R (10h30)

Section 3: Full Diamond Turning to the Left

2 & 3 LF back, RF back, LF to side with 1/8 turn L (09h00)

4 & 5 6 & 7 8 & 1	RF forward with 1/8 turn L (07h30), LF forward, RF to side with 1/8 turn L(06h00) LF back with 1/8 turn L (04h30), RF back, LF to side with 1/8 turn L (03h00) RF forward with 1/8 turn L (01h30), LF forward, RF to side with 1/8 turn L (12h00)
Section 4 : L, R, L, R Shuffle curved Forward	
2 & 3	LF forward, RF behind LF, LF forward curved left
4 & 5	RF forward, LF behind RF, RF forward curved right
6 & 7	LF forward, RF behind LF, LF forward curved left
8 &	RF forward, LF cross behind RF
	after sequence A orward Walk Steps, Mambo Step with 1/2 Turn L, Full Turn to Left, Right Shuffle Forward LF forward, RF forward (12h00) Mambo LF forward - Recover on RF, LF forward with ½ turn L (06h00) RF back with ½ turn L (12h00), LF forward with ½ turn L (06h00) RF forward, LF cross behind RF, RF forward
Section 2 : 2 Forward Walk Steps, Mambo Step with 1/2 Turn L, Full Turn to Left, Right Shuffle Forward	
2 3	LF forward, RF forward (06h00)
4 & 5	Mambo LF forward - Recover on RF, LF forward with ½ turn to L (12h00)
6 7	RF back with ½ turn L (06h00), LF forward with ½ turn L (12h00)
8 & 1	RF forward, LF cross behind RF, RF forward
Enjoy!	