One Life

**2 restarts on walls 2 and 5 after 16 cts
Dance starts at 0:23 seconds into song
Dance ends at 3:41 stand still and bow head and think of someone you love Til the song ends at 3:55(optional to lift arm and point index finger signifying a one)

Sec 1: Nightclub basic to the right, ¼ step, ½ turn lock step traveling backward,1/2 turn sweep, cross,back

1,2 &-	Step RF to R, bring LF behind RF, Cross RF over LF
3-	¼ turn L step LF forward
4 & 5-	½ turn lock stepping backward stepping RF back, Crossing LF over RF , steppping back RF
6,7,8-	½ turn step – turn over left shoulder stepping LF forward and sweeping RF forward, cross RF over LF, step LF back

Sec 2: ¼ turn, sway sway, rock and cross, sway sway, rock and cross

1,2-	¼ turn R step out on RF sway to R, step out on LF sway to left
3&4-	step out RF to R sway R, step LF in and Cross RF over LF
5,6-	step out LF sway L, step RF to R sway R
7&8-	step out LF sway L, step RF in and cross LF over RF

****Restart here on walls 2 & 5****

Sec 3 -Step, cross behind 3/8 unwind, shuffle, chase turn, spiral, step

&1,2-	step RF to R, cross LF behind RF, unwind 3/8 turn over L shoulder(facing 3 o clock wall) keeping weight forward on the LF
3&4-	shuffle forward RF, LF RF
5&6-	chase turn -step forward LF pivot ½ turn over right shoulder, step RF in place, step LF forward
7,8-	step RF forward and Spiral full turn over the left shoulder, step LF forward(facing 9 o clock wall)

Sec 4 : Ball step forward rock, recover, back lock step, ¼ right step and point, sweep, syncopated jazz box with a cross

&1,2-	ball RF step forward LF rock forward LF, recover RF
3&4-	step LF back, cross RF over LF traveling backwards, step LF back
&5,6-	¼ turn over right shoulder stepping RF out to R, point LF out to L, step on LF and ½ turn over L shoulder sweeping RF around to front
7&8&-	syncopated cross RF over LF, step back LF, Step RF out to R, cross LF over RF