

# One Wing

拍數: 96      牆數: 2      級數: Advanced  
編舞者: Fred Whitehouse (IRE) - January 2016  
音樂: One Wing - Jordin Sparks : (Album: Sparkle)



## Intro – 3 Counts (fast intro)

### S1: Step sweep x 2,

1,2,3      Step LF forward, sweep RF from back to front over 2 counts  
4,5,6      Step RF forward, sweep LF from back to front over 2 counts

### S2: ½ diamond fall away

1,2,3      Cross LF over R, step RF back diagonal, step LF back diagonal (10.30)  
4,5,6      Step RF back, step LF to L squaring up to 9.00, step RF forward diagonal (7.30)

### S3: Step sweep x2

1,2,3      Step LF forward squaring up to 6.00, sweep RF from back to front over 2 counts  
4,5,6      Step RF forward, sweep LF from back to front over 2 counts

### S4: ½ diamond fall away

1,2,3      Cross LF over R, step RF back diagonal, step LF back diagonal (4.30)  
4,5,6      Step RF back, step LF to L squaring up to 9.00, step RF forward diagonal (1.30)

### S5: Step point x2

1,2,3      Step LF forward, point RF to R side (facing diagonal 1.30)  
4,5,6      Step RF back, point LF to L side squaring up to 12 (as you look forward at 12.00)

### S6: Weave, drag

1,2,3      Cross LF over R, step RF to R side, step LF behind R,  
4,5,6      Step R to R side, drag LF towards R

### S7: Drag, ½ twinkle turn

1,2,3      Step LF to L side, drag RF towards L  
4,5,6      Cross RF over L, ¼ turn R stepping LF back (3.00), ¼ turn R stepping RF to R side (6.00)

### S8: Step sweep, weave

1,2,3      Cross LF over R, sweep RF from back to front (6.00)  
4,5,6      Cross RF over L, step LF to L side, step RF behind L

### S9: Drag x 2

1,2,3      Step LF to L side, drag RF towards L  
4,5,6      Step RF to R side, drag LF towards R making 1/8 turn R finish facing diagonal 7.30

### S10: Forward turning basic

1,2,3      Step LF forward, ¼ turn L stepping RF to R side, ¼ turn L stepping LF back (dance on the diagonal)  
4,5,6      Step RF back, ¼ turn L stepping LF to L side, ¼ turn L stepping RF forward (7.30)

**RESTART HERE: walls 2 & 4 facing 12.00**

### S11: Sway forward, sway back with prep

1,2,3      Rock forward on LF (over 3 counts)  
4,5,6      Recover on to RF (prep body to R)

### S12: ½ pencil turn L, Full turn forward

1,2,3            Make ½ turn L placing weight on LF closing RF next to L (pencil turn)  
4,5,6            Step forward RF, ½ turn R stepping LF back, ½ turn R stepping RF forward (1.30)

**S13: Walk x2**

1,2,3            Walk forward on LF drag R  
4,5,6            Walk forward on RF drag L

**TAG during wall 5**

**S14: Forward turning basic**

1,2,3            Step LF forward, ¼ turn L stepping RF to R side, ¼ turn L stepping LF back (dance on the diagonal)  
4,5,6            Step RF back, ¼ turn L stepping LF to L side, ¼ turn L stepping RF forward (1.30)

**S15: Sway forward, sway back with prep**

1,2,3            Rock forward on LF (over 3 counts)  
4,5,6            Recover on to RF (prep body to R)

**NOTE: On this section of rocks feel free to double clap as you rock forward and double clap as you prep. You will hear the big beats the first 2 times you dance this section but not on the third!**

**S16: ½ pencil turn L, Full turn forward**

1,2,3            Make ½ turn L placing weight on LF closing RF next to L (pencil turn)  
4,5,6            Step forward RF, ½ turn R stepping LF back, ½ turn R stepping RF forward (7.30)

**To start the dance again square up to 6.00 as you take the first step on LF.**

**TAG: [18 counts] Happens during wall 5 (AFTER S13)**

**Monterey point hold, spiral full turn, sweep**

1,2,3,4,            Step LF forward to 12.00, point RF to R side hold until count 4  
5,6            Make full Spiral turn R keeping weight on L, step RF forward sweeping LF from back to front

**Monterey point hold, spiral full turn, sweep**

1,2,3,4,            Step LF forward to 12.00, point RF to R side hold until count 4  
5,6            Make full Spiral turn R keeping weight on L, step RF forward sweeping LF from back to front

**Walk x2**

1-6            Cross LF forward, cross RF forward. (2 slow cross walks)

**Hope you enjoy this little waltz**

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