One Cha

Count: 64   **Wall:** 2   **Level:** Advanced Cha Cha

Choreographer: Niels Poulsen (DK) - September 2021

Music: One Thing - Mr Belt & Wezol & Jack wins : (iTunes)

Intro: 16 counts from first beat in music. App. 7 secs. into track. Start with weight on L foot
Easy tag: Described at bottom of page
Ending: Finish dance on wall 5 (starts at 12:00) with your scissor step on count 33 to face 12:00

[1 - 9] Side R, touch L together, ¼ L fwd R, L step lock step, R rock sweep, R sailor step
1 - 3   Step R to R side (1), touch L next to R (2), step down on L turning ¼ L & stepping R fwd (3) 9:00
4&5   Step L fwd (4), lock R behind L (&), step L fwd (5) 9:00
6 - 7   Rock R fwd (6), recover back on L sweeping R to R side (7) 9:00
8&1   Cross R behind L (8), step L a small step to L side (&), step R to R side (1) 9:00

[10 - 17] HOLD, ball side, HOLD, together, point R&LR, R sailor ½ R
2&3   HOLD (2), step L next to R (&), step R to R side (3) 9:00
4&5   HOLD (4), step L next to R (&), point R to R side (5) 9:00
&6&7   Step R next to L (&), point L to L side (6), step L next to R (&), point R to R side (7) 9:00
8&1   Cross R behind L (8), turn ¼ R stepping L next to R (&), turn ¼ R stepping R fwd and sweeping L fwd at the same time (1) 3:00

[18 - 24] Cross side, L sailor ¼ L into prep, reverse full turn R with sweep, behind side
2 - 3   Cross L over R (2), step R to R side (3) 3:00
4&5   Cross L behind R (4), turn ¼ L stepping R next to L (&), step L a small step fwd turning upper-body slightly L (5) 12:00
6 - 7   Turn ½ R stepping down on R (6), turn ½ R stepping back on L sweeping R to R side (7) 12:00
8&   Cross R behind L (8), step L to L side (&) 12:00

[25 - 33] Cross rock, side R, 1/8 R into lock step fwd, 3/8 L back, ½ L fwd, ¼ L into scissor 1/8 L
1 - 3   Cross rock R over L (1), recover back on L (2), step R to R side (3) 12:00
4&5   Turn 1/8 R on R stepping L fwd (4), lock R behind L (&), step L fwd (5) 1:30
6 - 7   Turn 3/8 L stepping back on R (6), turn ½ L stepping fwd on L (7) 3:00
8&1   Turn ¼ L stepping R to R side (8), step L next to R (&), turn 1/8 L stepping R fwd (1) 10:30

[34 - 41] HOLD, lock step X 3, rock L fwd, recover sweep, 3/8 L fwd sweeping R
2&3   HOLD (2), lock L behind R (&), step R fwd (3) 10:30
&4&5   Lock L behind R (&), step R fwd (4), lock L behind R (&), step R fwd (5) 10:30
6 - 8   Rock L fwd (6), recover back on R (7), turn 3/8 L stepping L fwd with a R sweep fwd 6:00

[42 - 48] Cross, side sweep, behind side cross, R side rock, together
1 - 3   Cross R over L (1), step L to L side (2), cross R behind L sweeping L to L side (3) 6:00
4&5   Cross L behind R (4), step R to R side (&), cross R over L (5) 6:00
6 - 8   Rock R to R side (6), recover on L (7), step R next to L (8) 6:00

[49 - 57] Tap L&R&L&, R kick & R side rock, cross, side L, R sailor ¼ R
1&2&   Tap L slightly fwd (1), step back on L (&), tap R slightly fwd (2), step back on R (&) 6:00
3&   Tap L slightly fwd (3), step back on L (&) ... 6:00
Option for counts 1-3&: battucadas
4&5   Kick R in front of L (4), rock R to R side (&), recover on L (5) 6:00
6 - 7   Cross R over L (6), step L to L side (7) 6:00
8&1   Cross R behind L (8), turn ¼ R stepping L next to R (&), step R fwd (1) 9:00

[58 - 64] Fwd L, full turn L, ¼ L side R, HOLD, ball side rock, cross rock
2 - 4   Step L fwd (2), turn ½ L stepping back on R (3), turn ½ L stepping fwd on L (4) 9:00
5 - 6&   Turn ¼ L stomping R to R side (5), HOLD (6), step L next to R (&) 6:00
7&8&   Rock R to R side (7), recover on L (&), rock R fwd (8), recover on L (&) 6:00

Start Again!

TAG: Comes after wall 2, facing 12:00. The timing is SLOOOW QUICK QUICK SLOOOW all the way through the tag 12:00

[1 - 16] R basic, ½ R sweep, side cross. Repeat these steps

1 - 4	Step R a big step to R side (1), drag L towards R (2), step L behind R (3), cross R over L (4) 12:00
5 - 8	Turn ¼ R stepping back on L continuing to turn another ¼ R with a R sweep fwd (5 - 6), step R to R side (7), cross L over R (8) 6:00
9 - 16	Repeat counts 1- 8 ... 12:00