

# Plus 1

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**Count:** 64

**Wall:** 2

**Level:** Intermediate / Advanced

**Choreographer:** Niels Poulsen (DK): August 2017

**Music:** '+1', by Martin Solveig feat Sam White. Track length: 3.13. Buy on iTunes, etc.

**Intro: 8 counts (app. 4 secs. into track). Start with weight on L foot, FACING 1:30**

**Note: NO TAGS - NO RESTARTS!**

**[1 - 9] Walk R, R spiral, walk R, L weave  $\frac{1}{4}$  L, back R,  $\frac{1}{8}$  L side L,  $\frac{1}{8}$  L into R step lock step**

**1 - 3** Walk R fwd (1), step L fwd turning a full spiral turn R on L (2), walk R fwd (3) ... 1:30

**(Non-turnny option for count 2: walk L fwd)**

**4&5&** Step L fwd (4), turn  $\frac{1}{8}$  L stepping R to R side (&), turn  $\frac{1}{8}$  L stepping L back (5), hitch R knee (&) 10:30

**6 - 7** Step R back (6), turn  $\frac{1}{8}$  L stepping L to L side (7) 9:00

**8&1** Turn  $\frac{1}{8}$  L stepping R fwd (8), lock L behind R (&), step R fwd (1) 7:30

**[10 - 17] Rock L fwd, recover  $\frac{1}{8}$  L with L sweep, L coaster, fwd R,  $\frac{1}{2}$  L, L back lock step**

**2 - 3** Rock fwd on L (2), recover back on R turning  $\frac{1}{8}$  L on R sweeping L to L side (3) 6:00

**4&5** Step back on L (4), step R next to L (&), step fwd on L (5) 6:00

**6 - 7** Step R fwd (6), turn  $\frac{1}{2}$  L on R leaving L pointed fwd (7) 12:00

**8&1** Step back on L (8), lock R in front of L (8), step back on L (1) 12:00

**[18 - 25] R back rock, R kick ball touch fwd, L hip roll anti clockwise, L coaster sweep**

**2 - 3** Rock back on R (2), recover fwd to L (3) 12:00

**4&5** Kick R fwd (4), step R next to L (&), touch L fwd with a slight press into the floor (5) 12:00

**6&7** Roll hips fwd (6) roll hips to the L side (&), roll hips back so weight transfers back onto R (7) 12:00

**8&1** Step back on L (8), step R next to L (&), step L fwd sweeping R fwd (1) 12:00

**[26 - 32] Start R jazz box, R chassé, Hold, ball side rock R, ¼ L with R flick back**

**2 - 3** Cross R over L (2), step back on L (3) 12:00

**4&5** Step R to R side (4), step L next to R (&), step R to R side (5) 12:00

**6&7HOLD (6), step L next to R (&), rock R to R side (7) 12:00**

**8** Turn ¼ L when recovering onto L foot and flick R backwards (8) 9:00

**[33 - 41] Walk R L R, L step lock step, rock R fwd, shuffle ½ R**

**1 - 3** Walk R fwd (1), walk L fwd (2), walk 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 (7) 9:00

**8&1** Turn ¼ R stepping R to R side (8), step L next to R (&), turn ¼ R stepping R fwd (1) 3:00

**[42 - 49] Rock L fwd, back LR, point L&R&L fwd, L coaster cross**

**2 - 3** Rock L fwd (2), recover back on R (3) 3:00

**4&5** Step L back (4), step R back (&), point L fwd (5) 3:00

**&6&7** Step L back (&) point R fwd (6), step R back (&), point L fwd (7) ... Styling for counts 5 - 7: do batucadas when doing the points... 3:00

**8&1** Step back on L (8), step R next to L (&), cross L over R (1) 3:00

**[50 - 57] R side rock, behind side cross, L side rock, behind side turn 1/8 R fwd**

**2 - 3** Rock R to R side (2), recover onto L (3) 3:00

**4&5** Cross R behind L (4), step L to L side (&), cross R over L (5) 3:00

**6 - 7** Rock L to L side (6), recover onto R (7) 3:00

**8&1** Cross L behind R (8), step R to R side (&), turn 1/8 R stepping L fwd (1) 4:30

**[58 - 64] Step  $\frac{1}{4}$  L, R step lock step, walk L fwd, R rock step fwd**

- 2 - 3** Step R fwd (2), turn  $\frac{1}{4}$  L stepping onto L (3) 1:30
- 4&5** Step R fwd (4), lock L behind R (&), step R fwd (5) 1:30
- 6** Walk L fwd (6) 1:30
- 7 - 8** Rock R fwd (7), recover back on L (8). NOTE: to start wall 2 facing 7:30 turn  $\frac{1}{2}$  R on L 1:30

**Start again**

**Ending Wall 6 is your last wall (starts at 12:00). Finish the whole dance (now facing 7:30). You have one beat left in the music. Turn  $\frac{3}{8}$  R on L stepping R fwd to face 12:00. HIT THAT BEAT! 12:00**

**Contact: nielsbp@gmail.com**