

# ONE LIFE

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**Count:** 56

**Wall:** 2

**Level:** intermediate/advanced

**Choreographer:** Michael Vera-Lobos

**Music:** One Life by Michelle McManus

**STEP FORWARD,  $\frac{1}{2}$  PIVOT, ROCK FORWARD, ROCK BACK &  $\frac{1}{4}$  RIGHT, STEP FORWARD,  $\frac{1}{2}$  PIVOT & STEP FORWARD, FULL TURN FORWARD OVER LEFT**

**1-2-3-4** Step forward right, pivot  $\frac{1}{2}$  left, rock forward right, rock back on left (6:00)

**&5-6&7-8** Turning  $\frac{1}{4}$  right step onto right, step forward on left, pivot  $\frac{1}{2}$  right (3:00) & step forward left, turn full turn forward left stepping right, left

**SIDE/Drag, BEHIND &  $\frac{1}{4}$  RIGHT, ROCK FORWARD, ROCK BACK &  $\frac{1}{2}$  LEFT, STEP FORWARD,  $\frac{1}{2}$  DROP LEFT, STEP &  $\frac{1}{2}$  RIGHT,  $\frac{1}{2}$  STEP RIGHT**

**1-2&3** Step right to right dragging left, cross left behind right & turn  $\frac{1}{4}$  right on right, rock forward on left 6:00

**4&5-6** Rock back on right & turn  $\frac{1}{2}$  left, step forward on right (12:00), raising heels twist  $\frac{1}{2}$  left end drop weight onto right (6:00)

**7&8** Step back on left & turn back  $\frac{1}{2}$  right on right, turn a further  $\frac{1}{2}$  right stepping onto left 6:00

**ROCK BACK, REPLACE &  $\frac{1}{4}$  LEFT, TOUCH BEHIND,  $\frac{3}{4}$  LEFT, CROSS ROCK, REPLACE, 1  $\frac{1}{4}$  TRIPLE RIGHT**

**1-2&3-4** Rock back on right, rock forward on left & turn  $\frac{1}{4}$  left stepping onto right, touch left behind right, unwind  $\frac{3}{4}$  left (weight left 6:00)

**5-6-7&8** Cross rock right over left, rock back on left, turning 1  $\frac{1}{4}$  right step right, left, right (9:00)

**SIDE ROCK, REPLACE & BALL CROSS TO LEFT, STEP SIDE, ROCK BEHIND, REPLACE & STEP SIDE, TOUCH BEHIND,  $\frac{3}{4}$  LEFT**

**1-2&3-4** Rock left to left, replace weight on right & stepping left to left cross right over left, step left to left (9:00)

**5-6&7-8** Rock right behind left, replace weight on left & step right to right side, touch left behind right, unwind  $\frac{3}{4}$  left (end weight left 12:00)

**ROCK FORWARD, REPLACE &  $\frac{1}{4}$  CROSS RIGHT,  $\frac{1}{4}$  LEFT, ROCK BACK, REPLACE & STEP FORWARD, FULL TURN FORWARD LEFT**

- 1-2&3-4** Rock forward right, rock back on left & turn  $\frac{1}{4}$  right stepping onto right, cross left over right, turn  $\frac{1}{4}$  left stepping onto right (12:00)
- 5-6&7-8** Rock back left, rock forward right & step forward left, traveling forward turn a full turn left stepping right then left ending with right slightly hooked behind left (12:00)

**SHUFFLE BACK, TOUCH TOE BACK,  $\frac{1}{2}$  REVERSE PIVOT LEFT, STEP BACK, HOOK ACROSS, FULL TRIPLE FORWARD RIGHT**

- 1&2-3-4** Shuffle back right stepping right, left, right, touch left toe back, unwind  $\frac{1}{2}$  left (weight right) (6:00)
- 5-6-7&8** Step back left angling body left (5:00), hook right across left, travel forward triple full turn right stepping right, left, right (6:00)

**STEP FORWARD,  $\frac{1}{4}$  SWEEP LEFT, CROSS & STEP SIDE, CROSS BEHIND, SIDE ROCK,  $\frac{1}{4}$  LEFT BACK, STEP BACK &  $\frac{1}{2}$  RIGHT, STEP FORWARD**

- 1-2-3&4** Step forward left, turn  $\frac{1}{4}$  left sweeping right to right side, cross right over left & step left to left, cross right behind left (3:00)
- 5-6** Side rock left to left, turning  $\frac{1}{4}$  left replace on weight right (12:00)
- 7&8** Step back left & turn  $\frac{1}{2}$  right on right, step forward left (6:00)

**REPEAT**

**RESTART**

**On wall 2 dance to count 32 & restart facing back wall**