

One Man Band

Count: 28

Wall: 4

Level: Intermediate

Choreographer: Magali Bérenger (Montana Mag) France. March 2019

Music: One Man Band - Old Dominion - 76 bpm



Intro: 16 cts

Sailor 1/4 turn, Behind Side Cross, Chassé 1/4, Fwd, 1/2 turn, Fwd

- 1 & 2 1/4 turn right crossing RF behind LF (3:00), Step LF on left side, Step RF on right side
- 3 & 4 Cross LF behind RF, Step RF on right side, Cross LF over RF
- 5 & 6 Step RF on right side, Step LF next to RF, 1/4 turn right stepping RF fwd (6:00)
- 7 & 8 Step LF fwd, Pivot 1/2 turn right (12:00) (body weight on RF), Step LF fwd

Diagonal Step Lock Step, 1/2 Rumba box, Back Rock, Ball step, Sync.Rock fwd

- 1 & 2 Step RF fwd towards right fwd diagonal (1:30), Cross Lf behind RF, Step RF fwd
- 3 & 4 Step LF on left side squaring 3:00, Together on RF, Step LF back
- 5 - 6 Rock RF back, Recover on LF
- & 7 - 8 & Step RF next to LF, Step LF fwd, Rock RF fwd, Recover on LF

MODIFIED RESTART ON WALL 3 : facing 9:00

Replace count 8 SCT 2 by : Point RF on right side and restart

1/2 turn, Sync. Rock fwd, 1/4, Full turn, Mambo Step, Coaster cross

- 1 1/2 turn right stepping RF fwd (9:00)
- 2 & 3 Rock LF fwd, Recover on RF, 1/4 turn left stepping LF fwd (6:00)
- 4 & 1/2 turn left stepping RF back(12:00), 1/2 turn left stepping LF fwd (6:00)
- 5 & 6 Rock RF fwd, Recover on LF, Step RF back
- 7 & 8 Step LF back, Step RF next to LF, Cross LF over RF

& Cross, Side, 1/4, Cross, Side

- & 1 Step RF slightly on right side, Cross LF over RF
- 2 & 3 Step RF on right side, 1/4 turn left stepping LF on left side (3:00), Cross RF over LF
- 4 Step LF on left side

TAG: end of wall 6 : facing 6:00

Add the following counts :

Sway R, Sway L, Sway R, Sway L

- 1 - 2 Push right hip to right side, Push left hip to left side
- 3 - 4 Push right hip to right side, Push left hip to left side (Body weight on L)

FINAL : To end the dance facing 12:00 : SCT 2 / SCT 3: Replace : 8 & 1 by a Mambo Step