

# One Love/One Life

**Count:** 32    **Walls:** 2    **Level:** Intermediate    **Intro:** 16 Counts (11 Seconds In)

**Choreographer:** Scott Schrank [WWW.ScottSchrank.com](http://WWW.ScottSchrank.com) [sschrank@bellsouth.net](mailto:sschrank@bellsouth.net)

**Music:** One by Anastacia [CD: It's A Man's World] (On iTunes)

**Phrasing:** 2 Restarts after 16 counts, One 4 Count Tag  
(32-32-16-32-32-16-32-32-32-Tag-32-32 W/Ending)

**1-8    ROCK, RECOVER, BALL-STEP-PIVOT 1/2, 1/4 SWEEP, BEHIND-SIDE-CROSS, 1/4 SWEEP**  
1-2&    Rock step R foot forward (1), Recover weight to L foot (2), Step ball of R foot slightly back (&)  
3-4    Step L foot forward (3), Pivot 1/2 turn right on balls of feet (4) (Weight the R foot) **[6:00]**  
5    Make 1/4 turn right stepping L foot left while sweeping R foot behind L foot (5) **[9:00]**  
6&7    Step R foot behind L foot (6), Step L foot left (&), Cross R foot over L foot (7)  
8    Make 1/4 turn right stepping L foot back while sweeping R foot back (8) **[12:00]**

**9-16    ROCK BACK, RECOVER, STEP-PIVOT-CROSS, 1/4 RIGHT, 1/2 RIGHT, CHASSE 1/2 TURN**  
1-2    Rock back on R foot (1), Recover weight to L foot (2)  
3&4    Step R forward (3), Pivot 1/4 turn left on balls of feet (&), Cross R over L (4) **[9:00]**  
5-6    Step L foot back while making 1/4 turn right (5), Make 1/2 turn right on ball of L foot stepping R foot forward (6) **[6:00]**  
7&8    Step L forward (7), Pivot 1/2 turn right on balls of feet (&), Step L forward (8) **[12:00]**

*(Restart here during 3rd and 7th rotations. You will be facing 12:00 both times)*

**17-24    SWEEP, CROSS-BACK-SWEEP, BEHIND-TURN-SIDE, BEHIND-CROSS-SWAY, FLICK**  
1-2&    Step R foot forward while sweeping L over R (1), Cross step L foot over R foot (2), Make 1/4 turn left stepping R foot back (&) **[9:00]**  
3-4&    Step back on L foot while sweeping R foot behind L foot (3), Step down on ball of R foot left (4), Make 1/4 turn left stepping slightly forward on L foot (&) **[6:00]**  
5-6&    Step R foot right (5), Step ball of L behind R foot (6), Cross step R foot over L foot (&)  
7-8    Step L foot left while swaying hips over L foot (7), Sway hips over R foot while flicking L foot behind R foot (8) **[6:00]**

**25-32    SIDE-TOGETHER-TURN, MAMBO-1/4 SWEEP, COASTER STEP, PIVOT 1/2 TURN**  
1&2    Step L foot left (1), Close R next to L foot (&) Make 1/4 turn left stepping L foot forward (2) **[3:00]**  
3&4    Rock R foot forward (3), Replace weight to L foot (&), Step R foot back while sweeping L foot around making 1/4 turn left (4) **[12:00]**  
5&6    Step L foot back (5), Step R foot next L foot (&), Step L foot forward (6)  
7-8    Step R foot forward (7), Pivot 1/2 turn left on balls of feet (8) **[6:00]**

Start the dance again!!

TAG:

**After the 9th rotation of the dance (Including the 2 restarts) add the following 4 1/2 counts:**

1-2&    Step R foot forward (1), Lock L foot behind R foot (2), Step R foot forward (&)  
3-4&    Step L foot forward while sweeping R foot 1/2 turn right (3), Rock R foot back (4), Step L foot slightly forward (&) **(You will be facing 12:00)**

To finish the dance, do a slow turn stretching out the last 2 counts of the dance to face 12:00