

ONE LOVE by BLUE

8 counts intro.

Facing right diagonal front, follow music doing 4 beat riff right foot

Shuffle step, L, R, shuffle ballchange L, dig L & a 8 & a 1 & 2 & 3 4

Step side, close, side, close, side 5 6 & 7 & 8

Place R across L and unwind 180 1 2

Tap step heel R, tap step heel L, tap step heel heel heel R & a 3 & a 4 & a 5 & 6

Rock forward onto L, back R, step L to side ending facing front. 7 & 8

Hop L, shuffle R, hop L, stamp onto R (left foot is off floor) 1 & & a 2

Ball beat out R foot &

Step L, stamp R, ball beat out R, step L, stamp R 3 & 4 & 5

Hop R, shuffle L, hop R, stamp onto L, (R off floor) & & a 6 &

Ball beat out L foot, step R, stamp L. 7 & 8

Hop L, flap R, walk to back L R L & a 1 2 3 4

Shuffle hop step x 4 & & a 5 & & a 6 & & a 7 & & a 8

Hop flap L flap R, walk L R L to end facing L side & a 1 2 3 4

Hop L shuffle R, hop L, 2 toe taps R 5 & & a 6 &

Hop L shuffle R, hop L, 1 toe beat R 7 & & a 8

Unwind 180, bend knees twice pulling up fists with arms bent 1 2 3 4

4 twisty funky walks facing front on spot, L R L R 5 6 7 8

Flick L to side, step behind onto L, side R, Step onto L across and in front 1 & 2 &

Big step to R on R, step together 3 4

Shuffle R, toe tap R with foot turned in & a 5

Shuffle R, 2 toe taps R with foot turned in & a 6 &

Shuffle R, toe tap R with foot turned in stamp R 7 & a 8

Hop R, shuffle L, hop R, ballchange 1 & & a 2 &

Tap L forward, tap L behind leaning body forward (facing right diagonal front) 3 4

Step L, hop L, shuffle R, hop L, ballchange R, tap R forward (facing left diagonal front)
5 & & a 6 & 7 8

Circle R leg outwards, 2 knee bends, 4 walks to face partner. 1 2 3 4 5 6 7 8

Step R to side, L across, R side, flick L 1 & 2 &

Step L to side, R across, L side, flick R 3 & 4 &

Place R across and unwind 360 5 6

High five partners hand, step R to side 7 8

2 knee pops, hip circle in spiral, repeat & 1 & 2 3 4 & 5 & 6 7 8

Step forward onto R with R fist across to L leg 1

Step forward onto L with L fist across to R leg, (arms now crossed) 2

Step back onto R with R fist at side of R leg 3

Dig L together punching L fist up into air 4

Wait 4 counts 5 6 7 8

4 walks to face front L R L R 1 2 3 4

Step L to side, slap R foot with left hand behind R leg 5 &

Slap R foot with R hand at R side, slap R foot with L hand In front of L leg 6 &

Step R to side 7

Repeat all from the top

Then.....

Shuffle L, pick up change, dig R behind L, swing arms to L side, unwind and face L side
1 & & a 2 3 4

Shuffle L, pick up change, dig R behind L, swing arms to back, unwind to face back
5 & & a 6 7 8

Shuffle R, pick up change, dig R behind L, swing arms to R side, unwind to face R side
1 & & a 2 3 4

4 walks to face back L R L R 5 6 7 8

7 open ballchanges L R L R L R L 1 & 2 3 & 4 etc

Lift L knee and spin on R to face front 7 8

Kneel on R knee, extend L leg with foot on floor 1 2 3

Place L foot across R, drop L knee and spin on both knees to face back 4 5

Step up onto R facing back and bring L together. 6 7

Walk L R L R step L and 3 ballchanges R repeat this alternately five times traveling
round 1 2 3 4 5&6& 7& 8 etc

4 walks to places and into pose for end.