

# ONE MAN BAND

SONG: "ONE MAN BAND" by OLD DOMINION.  
ALBUM: "CREAM OF COUNTRY 2020"  
ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.  
CHOREOGRAPHER: VAL CARRICK. Melbourne. VIC. AUSTRALIA. July 2020

BEATS	STEPS: This dance is done in FOUR directions. Introduction : 16 Beats
1 & 2 3 & 4 5 & 6 7 & 8	<p><b>QUICK PIVOT-SIDE, BEHIND-SIDE-ACROSS, SIDE-1/4 TURN-FORWARD, SHUFFLE FORWARD</b>            QUICK PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L, (6.00)            STEP R TO THE SIDE,            STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF RIGHT,            STEP R TO THE SIDE, TURN 90° LEFT STEP L FORWARD, STEP R FORWARD, (3.00)            SHUFFLE FORWARD STEP : L-R-L. (3.00)</p>
1, 2 & 3, 4 & 5 & 6 & 7 & 8 & ##	<p><b>FORWARD, SIDE &amp; BACK, SIDE-ROCK-BEHIND-SIDE-ACROSS-SIDE-BACK-ROCK-SIDE &amp;</b>            STEP R FORWARD, STEP L TO THE SIDE, STEP R TOGETHER,            STEP L BACK, STEP R TO THE SIDE, SIDE ROCK ONTO L,            STEP R BEHIND LEFT, STEP L TO THE SIDE,            STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE,            STEP R BACK, ROCK FORWARD ONTO L,            STEP R TO THE SIDE, STEP L TOGETHER. (3.00)</p>
1 2 & 3 & 4 & 5 & 6 7 & 8	<p><b>BACK, LOCK &amp; 1/2 FORWARD-QUICK PADDLE-ACROSS-SIDE-ROCK-ACROSS, FORWARD-ROCK &amp;</b>            STEP R BACK,            LOCK L ACROSS IN FRONT OF RIGHT, STEP R BACK,            TURN 180° LEFT STEP L FORWARD, (9.00)            QUICK PADDLE : STEP R FORWARD, TURN 90° LEFT TAKE WEIGHT ONTO L, (6.00)            STEP R ACROSS IN FRONT OF LEFT,            STEP L TO THE SIDE, SIDE ROCK ONTO R, STEP L ACROSS IN FRONT OF RIGHT,            STEP R FORWARD, ROCK BACK ONTO L, STEP R TOGETHER. (6.00)</p>
1 & 2 3 & 4 & **	<p><b>1/4 TURN SAILOR, QUICK ROCKING CHAIR</b>            SAILOR STEP TURNING 90° LEFT STEP : L-R-L, (3.00)            QUICK ROCKING CHAIR : STEP R FORWARD, ROCK BACK ONTO L,            STEP R BACK, ROCK FORWARD ONTO L. (3.00)</p>
28	REPEAT THE DANCE IN NEW DIRECTION
1, 2 3, 4	<p><b>RESTART :</b> On WALL 3 dance to BEAT 16 ( ## ) &amp; restart facing 9.00.</p> <p><b>TAG :</b> At the END ( ** ) of WALL 6 (6.00) ADD the following tag            STEP R TO THE SIDE PUSH HIPS RIGHT, PUSH HIPS LEFT,            PUSH HIPS RIGHT, PUSH HIPS LEFT.</p>