

One Minute

Type of dance: 64 counts, 2 walls – no tags/no restarts!!! ☺

Level: intermediate

Choreographer: Jean-Pierre Madge (Sept 15)

Music: One Minute Man by Missy Elliott

Intro: 32 counts from first main beat (38 secs into music)

Coaster step, Ball step ¼ turn, Ball step ¼ turn, Ball Rock Recover

- 1&2 Coaster step R, L, R
- &3-4 Ball step L forward, Step R forward, ¼ L (weight on R)
- &5-6 Ball step L next to R, Step R forward, ¼ L (weight on L)
- &7 Step R next L, Rock L to L
- 8 Recover on R

Cross, ¼ Turn, Shuffle ¼ Turn, Rocking chair, Out-Out In

- 1-2 Cross L over R, ¼ R step R forward
- 3&4 Shuffle L, R, L ¼ to R (try to do this with a curvy turn)
- 5&6& Rock R forward, recover, Rock R back, recover
- 7& Step R out, Step L out
- 8 Drag both to the middle

Toes Heels out, Bend knees, 2 bumps right, Bend knees, 2 bumps left, cross rock

- 1&2 Both toes out, Both heels out, bend knees
- &3-4 Two hips bump R and upwards, Come back to the middle and down
- &5-6 Two hips bump L and upwards, Come back to the middle (weight R)
- 7&8 Cross L over R, Rock R to R, Recover on L

Weave L, Cross Shuffle ¼, ½ L, Step, Hitch Twice Kick Twice

- 1&2& Cross R over L, Step L to L, Cross R behind L, Step L to L
- 3&4 Cross R over L, L to L, ¼ L Step R forward
- 5-6 ½ L (weight on L), Step R forward
- 7& Hitch twice L knee (Keep it up)
- 8& Kick twice L (Keep it up)

Rock and Rock and behind side forward, Rock and Rock and step swivel

- 1&2& Rock L forward, recover, Rock L to L, recover
- 3&4 Step L behind R, Step R to R, Step L fwd
- 5&6&7 Rock R forward, recover, Rock R to R, recover, Step R back
- &8 Swivel both heels to L, recover (weight on the R)

Pony steps X 2, step ½ R , Step, ¼ R

- 1&2 Shuffle back L, R, L (popping R knee fwd when stepping back L and L)
- 3&4 Shuffle back R, L, R (popping L knee fwd when stepping back R and R)
- 5-6-7 Step L back, ½ R Step R forward, Step L forward
- &8 Turn legs ¼ R, turn the rest of your body ¼ R (weight on R)

Step Push, Step push and Rock, Step push, Step ¼ L

- 1-2 Drag L next to R, Push R to R,
- 3-4 Drag L next R, Push R to R and Rock/Press
- 5-6 Push L to L, Drag R next L
- 7-8 Push L to L, ¼ L Drag R next L

Kick and Jump 2x , Step turn together, Up , hold , Down 3x

- 1&2 Kick R to R diagonal, bring R to L (weight still on L), Jump onto R to R diagonal
- 3&4 Kick L to L diagonal, bring L to R (weight still on R), Jump onto L to L diagonal
- 5&6& Step R forward, ¼ L, R next L, Heels up
- 7 Hold
- &8& Go down on 3 counts (weight on L)

Hope that you enjoy this dance!