

On The One Road

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Absolute Beginner

Choreographer: Helaine Norman (USA) - March 2023

Music: On the One Road - The Freeman : (Album: The Greatest Irish Songs of Freedom)



Intro: 16 (vocal) - No tags or restarts

I. HUSTLE WALK

1-4 Walk forward R L R, kick L forward

5-8 Walk back L R L, touch R together

II. HEEL SWITCHES X4

1-4 Touch R heel forward, step R together, touch L heel forward, step L together

5-8 Touch R heel forward, step R together, touch L heel forward, step L together

III. FORWARD, SIDE, TOGETHER, HOLD; FORWARD, SIDE, TOGETHER, HOLD

1-4 Touch R toe forward, touch R side, step R together, hold

5-8 Touch L toe forward, touch L side, step L together, hold

IV. WALK 1/2 CIRCLE LEFT; JAZZ BOX

1-4 Walk in 1/2 a circle turning left R L R L (6:00)

5-8 Step R over, step L back, step R side, step L together

REPEAT

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Last Update - 1 Mar 2023
