



## One Wing

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**Count:**96 **Wall:**2 **Level:**Advanced

**Choreographer:**Fred Whitehouse – Jan 2016

**Music:**One Wing by Jordin Sparks (Sparkle - album)

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### **Intro – 3 Counts (fast intro)**

#### **S1: Step sweep x 2,**

1,2,3Step LF forward, sweep RF from back to front over 2 counts

4,5,6Step RF forward, sweep LF from back to front over 2 counts

#### **S2: ½ diamond fall away**

1,2,3Cross LF over R, step RF back diagonal, step LF back diagonal (10.30)

4,5,6Step RF back, step LF to L squaring up to 9.00, step RF forward diagonal (7.30)

#### **S3: Step sweep x2**

1,2,3Step LF forward squaring up to 6.00, sweep RF from back to front over 2 counts

4,5,6Step RF forward, sweep LF from back to front over 2 counts

#### **S4: ½ diamond fall away**

1,2,3Cross LF over R, step RF back diagonal, step LF back diagonal (4.30)

4,5,6Step RF back, step LF to L squaring up to 9.00, step RF forward diagonal (1.30)

#### **S5: Step point x2**

1,2,3Step LF forward, point RF to R side (facing diagonal 1.30)

4,5,6Step RF back, point LF to L side squaring up to 12 (as you look forward at 12.00)

#### **S6: Weave, drag**

1,2,3Cross LF over R, step RF to R side, step LF behind R,

4,5,6Step R to R side, drag LF towards R

#### **S7: Drag, ½ twinkle turn**

1,2,3Step LF to L side, drag RF towards L

4,5,6Cross RF over L, ¼ turn R stepping LF back (3.00), ¼ turn R stepping RF to R side (6.00)

#### **S8: Step sweep, weave**

1,2,3Cross LF over R, sweep RF from back to front (6.00)

4,5,6Cross RF over L, step LF to L side, step RF behind L

#### **S9: Drag x 2**

1,2,3Step LF to L side, drag RF towards L

4,5,6Step RF to R side, drag LF towards R making 1/8 turn R finish facing diagonal 7.30

**S10: Forward turning basic**

1,2,3Step LF forward, ¼ turn L stepping RF to R side, ¼ turn L stepping LF back (dance on the diagonal)

4,5,6Step RF back, ¼ turn L stepping LF to L side, ¼ turn L stepping RF forward (7.30)

**RESTART HERE: walls 2 & 4 facing 12.00**

**S11: Sway forward, sway back with prep**

1,2,3Rock forward on LF (over 3 counts)

4,5,6Recover on to RF (prep body to R)

**S12: ½ pencil turn L, Full turn forward**

1,2,3Make ½ turn L placing weight on LF closing RF next to L (pencil turn)

4,5,6Step forward RF, ½ turn R stepping LF back, ½ turn R stepping RF forward (1.30)

**S13: Walk x2**

1,2,3Walk forward on LF drag R

4,5,6Walk forward on RF drag L

**TAG during wall 5**

**S14: Forward turning basic**

1,2,3Step LF forward, ¼ turn L stepping RF to R side, ¼ turn L stepping LF back (dance on the diagonal)

4,5,6Step RF back, ¼ turn L stepping LF to L side, ¼ turn L stepping RF forward (1.30)

**S15: Sway forward, sway back with prep**

1,2,3Rock forward on LF (over 3 counts)

4,5,6Recover on to RF (prep body to R)

**NOTE: On this section of rocks feel free to double clap as you rock forward and double clap as you prep. You will hear the big beats the first 2 times you dance this section but not on the third!**

**S16: ½ pencil turn L, Full turn forward**

1,2,3Make ½ turn L placing weight on LF closing RF next to L (pencil turn)

4,5,6Step forward RF, ½ turn R stepping LF back, ½ turn R stepping RF forward (7.30)

**To start the dance again square up to 6.00 as you take the first step on LF.**

**TAG: [18 counts] Happens during wall 5 (AFTER S13)**

**Monterey point hold, spiral full turn, sweep**

1,2,3,4,Step LF forward to 12.00, point RF to R side hold until count 4

5,6Make full Spiral turn R keeping weight on L, step RF forward sweeping LF from back to front

**Monterey point hold, spiral full turn, sweep**

1,2,3,4,Step LF forward to 12.00, point RF to R side hold until count 4

5,6Make full Spiral turn R keeping weight on L, step RF forward sweeping LF from back to front

**Walk x2**

1-6Cross LF forward, cross RF forward. (2 slow cross walks)

**Hope you enjoy this little waltz**

**One Wing**