



One Cha

Choreographer: Niels Poulsen (DK)

~Official GOLD competition dance 2023 - 2024~

Type of dance: 64 Count, 2 Walls, Cha Cha - Line Dance
 Level: Advanced
 Music: "One Thing" by Mr Belt & Wezol & Jack wins
 Intro: 16 counts from first beat in music (app. 7 seconds into track)
 Tag: 16 count tag comes after the 2nd Wall

Counts	Footwork	End facing
1 – 9	Step R, Touch, ¼ Turn L, Step Fwd, Cha Cha Fwd, Rock Step with Sweep, Sailor Step	
1 – 3	Step R to R side (1), Touch L next to R (2), Turn ¼ L stepping on L & stepping R forward (3)	9:00
4&5	Step L forward (4), Lock R behind L (&), Step L forward (5)	9:00
6 – 7	Rock R forward (6), Recover on L sweeping R back (7)	9:00
8&1	Cross R behind L (8), Step L small step to L side (&) Step R to R side (1)	9:00
10 – 17	Hold, Ball Step R, Hold, Close, Point Switches R L R, ½ Turn Sailor R	
2&3	Hold (2), Step L on ball next to R (&), Step R to R side (3)	9:00
4&5	Hold (4), Step L next to R (&), Point R to R side (5)	9:00
&6&7	Step R next to L (&), Point L to L side (6), Step L next to R (&), Point R to R side (7)	9:00
8&1	Cross R behind L (8), Turn ¼ R stepping L next to R (&), Turn ¼ R stepping R fwd & sweeping L forward (1)	3:00
18 – 24	Cross, Step R, ¼ Turn Sailor Prep L, Reverse Full Turn R & Sweep, Behind, Step L	
2 – 3	Cross L over R (2), Step R to R side (3)	3:00
4&5	Cross L behind R (4), Turn ¼ L stepping R next to L (&), Step L a small step forward turning upper-body slightly L for a prep (5)	12:00
6 – 7	Turn ½ R stepping on R (6), Turn ½ R stepping L back & sweeping R to R side (7)	12:00
8&	Cross R behind L (8), Step L to L side (&)	12:00
25 – 33	Cross Rock Step, Step R, ⅛ Turn R, Cha Cha Fwd, ⅞ Pivot Turn L, ⅝ Scissor Step Turn L	
1 – 3	Cross rock R over L (1), Recover on L (2), Step R to R side (3)	12:00
4&5	Turn ⅛ R stepping L forward (4), Lock R behind L (&), Step L forward (5)	1:30
6 – 7	Turn ⅝ L stepping R back (6), Turn ½ L stepping L forward (7)	3:00
8&1	Turn ¼ L stepping R to R side (8), Step L next to R (&), Turn ⅛ L stepping R forward (1)	10:30
33 – 40	Hold, Extended Lock Step, Rock Step, ⅝ Turn L, Step & Sweep	
2&3&4&5	Hold (2), Lock L behind R (&), Step R forward (3), Lock L behind R (&), Step R forward (4)	10:30
5	Lock L behind R (&), Step R forward (5)	
6 – 8	Rock L forward (6), Recover on R (7), Turn ⅝ L stepping L forward & sweeping R forward (8)	6:00
41 – 48	Weave With Sweep, Syncopated Weave, Rumba Basic R	
1 – 3	Cross R over L (1), Step L to L side (2), Cross R behind & sweep L back (3)	6:00
4&5	Cross L behind R (4), Step R to R side (&), Cross L over R (5)	6:00
6 – 8	Rock R to R side (6), Recover on L (7), Step R next to L (8)	6:00
49 – 57	Batucadas, Kick Fwd, Rock Step R, Cross, Step L, ¼ Sailor Turn R	
1&2&3&4	Push L forward (1), Recover on R (&), Step L back popping R knee forward (â), Push R forward (2), Recover on L (&), Step R back popping L knee forward (â), Push L forward (3), Recover on R (&), Step L back (â)	6:00
4&5	Kick R diagonally L forward (4), Rock R to R side (&), Recover on L (5)	6:00
6 – 7	Cross R over L (6), Step L to L side (7)	6:00
8&1	Cross R behind L (8), Turn ¼ R stepping L next to R (&), Step R forward (1)	9:00
58 – 64	Step Fwd, Full Pivot Turn L, ¼ Turn L, Stomp R, Hold, Close, Syncopated Rock Steps	
2 – 4	Step L forward (2), Turn ½ L stepping R back (3), Turn ½ L stepping L forward (4)	9:00
5 – 6&	Turn ¼ L stomping R to R side (5), Hold (6), Step L next to R (&)	6:00
7&8&	Rock R to R side (7), Recover on L (&), Cross Rock R over L (8), Recover on L (&)	6:00
	See next page for TAG	

TAG	Comes after wall 2. The timing is Slow Quick Quick (Its nightclub on a fast counting) all the way through the tag	
1 – 16	Nightclub Basic R, ½ Turn R With Sweep, Step R, Cross, Repeat Count 1 to 8	
1 – 4	Step R a big step to R side (1), Drag L towards R (2), Step L behind R (3), Cross R over L (4)	12:00
5 – 8	Turn ¼ R stepping L back continuing to turn another ¼ R with a sweep R to R side (5 - 6), Step R to R side (7), cross L over R (8)	6:00
9 – 16	Repeat counts 1 – 8	12:00

