

Back At One

Choreographed by: Mikael Mölsä (10.7.2003 at 15:40)

Description: 32 count, 2 wall line dance

Music: **Back At One** by Mark Wills (CD: *Greatest Hits*) (approx. 64 BPM)

For practice music use any slow-tempo nightclub two-step (but don't add the tags!!!).

Level: Intermediate

Note: Song has no intro music, it goes straight to the lyrics. Start at the chorus, at 0:37. If you have a timing problem, remember that every time the back vocalists sing out the numbers "One", "Two", etc. you're suppose to do a slide to the right.

SLIDE, ROCK STEP, FULL TURN, SLIDE, ROCK STEP, 1 ¼ TURN LEFT

1-2& Slide to the right side, rock left behind right, recover on right

3-4& Turn ¼ to left stepping forward on left, step forward on right, unwind ¾ to left (you should be now facing 12:00, weight on left)

5-6& Slide to the right side, rock left behind right, recover on right

7-8& Turn ¼ to left stepping forward on left, turn ½ to left stepping back on right, turn ½ to left stepping forward on left (now facing 9:00)

Option: On counts 8& you can just take two steps forward right, left

SLIDE, ROCK STEP, ¼ TURN RIGHT, STEPS BACKWARDS, SWAYS, WEAVE

1-2& Slide to the right side, step back on left, recover weight on right

3-4& Turn ¼ to right while stepping left back, step back right, step back left

5-6 Sway hips right, left

7&8& Transfer weight to right foot, step left behind right, step right to right side, step left over right (now facing 12:00)

SLIDE, QUICK ¾ TURN RIGHT, SLIDE, ROCK STEP, SLIDE, ROCK STEP, SYNCOPATED ROCK STEP FORWARD

1-2& Slide to the right side, step left over right, unwind ¾ to right (weight ends up on right)

3-4& Slide to the left side, rock back on right, recover weight on left

5-6& Slide to the right side, rock back on left, recover weight on right

7-8& Step left diagonally left forward, rock right over left, recover weight on left (now facing 9:00)

Note: You can make the ¾ turn easier by turning ¼ to right on count 1. Then you'll only need to turn ½ on counts 2&!!!!

DIAGONAL STEP, SYNCOPATED ROCK STEP TURNING ¼ TURN TO LEFT, UNWIND A FULL TURN

1-2& Step right diagonally right forward, Rock left over right, recover weight on right

3-4& Turn ¼ to left while stepping left forward, step forward on right, pivot ½ turn to left

5-6 Turn ½ to left while stepping right back, sweep left behind right

7-8 Slowly unwind a full turn (weight ends up on left) (now facing 6:00)

Option: On counts 4 & 5 you can do a mambo step if you don't like turning around too much.

TAG 1: (Done after 1. wall)

1-4 Sway hips right, left, right, left

TAG 2: (Done after 2. wall)

SLIDE, ROCK STEP, SLIDE, ROCK STEP, SLIDE, FULL TURN, SLIDE

1-2& Slide to the right side, rock left behind right, recover on right

3-4& Slide to the left side, rock right behind left, recover on left

5-6& Turn $\frac{1}{4}$ to right stepping forward on right, step forward on left, unwind $\frac{3}{4}$ to right (you should be now facing 12:00, weight on right)

7-8& Slide to the left side, rock right behind left, recover on left

TAG 3: (Done after 4. wall)

1-2 Do a big arch with your left hand starting from right side, moving over your head and ending up to the left side. For better effect, follow the hand with your eyes.

