Count: 48 Wall: 4 Level: High Improver
Choreographer: Daniel Trepat (NL), Rob Fowler (UK) \& Darren Bailey (UK) Aug. 2015
Music: One Shot by Rob Thomas

## Intro:4 counts from first beat in music (app. 2 sec. into track). Start when he starts singing Restart: in the 5th \& 6th wall after 32 counts

| [1-8]Side, | Together, Half Rumba Box, Side, Together, Half Rumba Box |
| :--- | :--- |
| $1-2$ | Step R to $R$ side (1), Step $L$ next to $R(2) 12: 00$ |
| $3 \& 4$ | Step R to $R$ side (3), Step $L$ next to $R(\&)$, Step R forward (4)12:00 |
| $5-6$ | Step $L$ to $L$ side (5), Step R next to $L(6) 12: 00$ |
| $7 \& 8$ | Step L to $L$ side (7), Step R next to $L(\&)$, Step $L$ backwards (8)12:00 |

[9-16]Coasterstep, Step fwd, $1 \not 14$ turn L, Side, Sailorstep, Sailor $1 / 2$ turn R cross
1\&2 Step R backwards (1), Step L next to R (\&), Step R forward (2)12:00
3-4 Step $L$ forward (3), $1 / 4$ turn $L$ stepping $R$ to $R$ side (4)9:00
5\&6 Cross $L$ behind $R(5)$, Step $R$ on ball to $R$ side (\&), Step $L$ to $L$ side (6)9:00
Cross $R$ behind $L$ (7), $1 / 4$ turn $R$ stepping $L$ back ( $\&$ ), $1 / 4$ turn $R$ crossing $R$ over $L$
(8)3:00
[17-24]Side with Shimmy, Close, Clap 2x, Side with Shimmy, Close, Clap 2x
$1-\& 4$
$5-\& 8$
Step L to L side (start shimmy shoulders) (1), Continue Shimmy's (2), Step R next to L \& finish shimmy's (3), Clap (\&), Clap (4)3:00
Step R to R side \& start shimmy shoulders (5), Continue Shimmy's (6), Step L next to R \& finish shimmy's (7), Clap (\&), Clap (8)3:00
[25-32]Rock \& Cross 2x, 3/4 Volta turn R, Ball Step
1\&2 Rock R to R side (1), Recover on L (\&), Cross R over L (2)3:00
3\&4 Rock L to L side (3), Recover on R (\&), Cross L over R (4)3:00 $1 / 4$ turn $R$ stepping $R$ forward (5), Step L on ball next R (\&), $1 / 4$ turn R crossing R over $L$
5\&6\&7
\&8 Rock $L$ to $L$ side on ball (\&), Recover on R (8)12:00
[33 - 40]Cross \& Rock 2x, Mambo \& back, Shuffle back with Knee action
1\&2 Cross L over R (1), Rock R to R side (\&), Recover on L (2)12:00
3\&4 Cross R over L (3), Rock L to L side (\&), Recover on R (4)12:00
5\&6 Rock L forward (5), Recover on R (\&), Step L back (6)12:00
7\&8 Step R back \& lift L knee (7), Step L next to R (\&), Step R back \& lift L knee (8)12:00
[41 - 48]Mambo L \& R, 3/4 turn L (walking L, R, L, R, L)
1\&2 Step $L$ to $L$ side (1), Recover on $R(\&)$, Step $L$ next to $R(2) 12: 00$
3\&4 Step R to R side (3), Recover on L (\&), Step R next to L (4)12:00
$5-8 \quad$ While doing count 5 to 8 turn $3 / 4$ turn $L$ - Walk $L$ (5), Walk R (6), Walk $L$ (7), Walk R (\&),

In the 5th \& 6th Wall you will do a Restart after 32 counts, but count 32 you have to stomp $\mathbf{L}$ next to $R$

