

One, Two, Step

Artist: Ciara
CD: Goodies

Pop, 3:24
Moderate tempo
Intermediate Line

Choreo: Kathy Moore, CCI
Fairfax, VA
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Sequence: Wait 32 A B A B Break C D B B ½ C

Part A (32 beats)

Heel Run DS H S R S H S R S H S DS RS
L R L R L R L R L R L R LR (moving right)
&a1 & 2 & 3 & 4 & 5 & 6 &a7 &8

**Outhouse,
Flip Turn** DS Tch(ots) H Tch(xif) H Tch(ots) H DS DT(ib) RS BR Up
L R L R L R L R L R L LR L L
&a1 & 2 & 3 & 4 &a5 &a6 &7 & 8
(turn ½ left)

**Heel Run,
Outhouse,
Flip Turn** Repeat same foot, facing back

Part B (32 beats)

**2 Heel Pulls,
Stomp Double** H(ots) S(close) R H(ots) S(close) R STO DS DS RS
L R L R L R L R L R L RL
1 2 & 3 4 & 5 &a6 &a7 &8
(moving forward)

**2 Piney Mnts,
Triple,** DT(ib) T-S DT(ib) T-S DS DS DS RS
R R L L R L R LR
&a1 &2 &a3 &4 &a5 &a6 &a7 &8
(moving back)

3 Rocking Chairs DS BR Up DS RS DS BR Up DS RS DS BR Up DS RS
(knee pops on the "1 2 step") L R R R LR L R R R LR L R R R LR
&a1 & 2 &a3 &4 &a5 & 6 &a7 &8 &a1 & 2 &a3 &4
(turn ¼ left) (turn ¼ left) (turn ¼ left)

Kick Turn Basic DS Kick DS RS
L R R LR
&a5 6 &a7 &8
(turn ¼ left)

Break (4 beats)

Jazz S (swivel L) S (swivel R) S (swivel L) S (swivel R)
L R L R
L arm down R arm down L arm up R arm up
1 2 3 4

Part C (64 beats)

| | | | | | | | | | | |
|------------------------------------|------------------------|----------|----|----------|--------|----------------------------|---------|----------|----|--------|
| MJ Run | DS | DS(ib) | R | S(ots) | S(xib) | RS(xif) | RS(xib) | DS | RS | |
| | L | R | L | R | L | RL | RL | R | LR | |
| | &a1 | &a2 | & | 3 | 4 | &5 | &6 | &a7 | &8 | |
| | (moving right) | | | | | | | | | |
| Ciara | DS | Tch(ots) | H | B-H(xif) | Tch Up | DS | SK | around/H | RS | H-drop |
| | L | R | L | RR | L L | L | R | R/L | RL | R R |
| | &a2 | & | 2 | & 3 | & 4 | &a5 | & | 6 | &7 | & 8 |
| Kangaroo, Pivot Chain | DS | SL | RS | SL | RS | DS | RS | RS | RS | |
| | L | L | RL | L | RL | R | LR | LR | LR | |
| | &a1 | & | 2& | 3 | &4 | &a5 | &6 | &7 | &8 | |
| | (forward) | | | | | (turn $\frac{3}{4}$ right) | | | | |
| Charleston, Soccer Turn | DS | Tch(if) | H | B-H | RS | DS | DT | H | DS | RS |
| | L | R | L | R | LR | L | R | L | R | RL |
| | &a1 | & | 2 | &3 | &4 | &a5 | &a | 6 | &7 | &8 |
| | | | | | | (turn $\frac{1}{4}$ left) | | | | |
| Repeat | Same foot, facing back | | | | | | | | | |

Part D - Rap (32 beats)

| | | | | | | | | | | |
|-------------------------------------|----------------------------------|-------------|-----|------------|-----------|-------|---------------------------|------------|--------|--------|
| Skuff Ups, Touch Ups | S | SK | Up | DS | SK | Up | DS | Tch Up | Tch Up | Tch Up |
| | L | R | R | R | L | L | L | R R | R R | R R |
| | 1 | & | 2 | &a3 | & | 4 | &a5 | & 6 | & 7 | & 8 |
| | (hands palms up, up with R foot) | | | | | | | | | |
| Hard Step, McNamara | DT(ib) | H | BR | Up/H | DS | RS | S | H(ots) | S S S | H(ots) |
| | R | L | R | R/L | R | LR | L | R | R L R | L |
| | &a | 1 | & | 2 | &a3 | &4 | & | 5 | & 6 | & 7 8 |
| | (thumbs point to chest on 7) | | | | | | | | | |
| Funky Knees & Elbows | S | RS | DS | Tch(close) | knees out | B-H | B-H | B-H | B-H | |
| | L | RL | R | L | | L | R | L | R | |
| | 1 | &2 | &a3 | & | 4 | &5 | &6 | &7 | &8 | |
| | | | | | fists | fists | & : fists tog. elbows out | | | |
| | | | | | together | pull | 5 : elbows tilt right | | | |
| | | | | | | apart | 6 : elbows tilt left | | | |
| | | | | | | | 7 : elbows tilt right | | | |
| | | | | | | | 8 : elbows tilt left | | | |
| Twist Basic, Jump Slide | DS/Twist-Left | Twist-Right | Up | DS | RS | DS | Jump | Slide(tog) | H | |
| | L/B | B | L | L | RS | R | B | B | R | |
| | &a 1 | & | 2 | &a3 | &4 | &a5 | & | 6 | 7 8 | |
| | (full turn L on slide) | | | | | | | | | |

Part $\frac{1}{2}$ C (16 beats)

Do sequence 1 time, end facing front. Pose or dance off through end of music