

One Man Band

BEGINNER 34 Count

Choreographed by: Adrian Churm Choreographed to: One Man Band by Dane Stevens

Website: www.linedancerweb.com Email: admin@linedancerweb.com

(29346)

1 - 2 3 - 4 5 - 6 7 - 8	HEEL SPLITS, HEEL TOUCHES, FOOT SLAP Feet together swing both heels out then back in Touch right heel forward close right foot to left foot Repeat 3 - 4 on the opposite foot Touch right heel forward lift right foot back and slightly to the side, and slap right foot with the right hand
9 - 12	FOOT AND SHIN SLAP, GRAPEVINE TO THE RIGHT AND LEFT WITH HITCH Make a 1/4 turn to the left over the next 4 counts touch right heel forwards, raise right leg and slap inside of shin with the left hand. Touch right heel forwards, lift right foot back and slightly to the side and slap right foot with the right hand (completing the 1/4 turn)
13 - 16 17 - 20	Step right foot to the side(brushing hands back past hips) step left foot behind right foot (brushing hands forward past hips)step right foot to the side (clap hands together) hitch left knee up(clicking fingers) Repeat on apposite feet moving to the left
17 20	
21 - 24 25 - 30 31 - 34	Right foot steps back, raise left knee and slap with left hand repeat on the opposite foot Right foot steps forwards left foot flicks up behind right and step left foot with right hand repeat on opposite foot
	REPEAT
13 - 16 17 - 20 21 - 24 25 - 30	Make a 1/4 turn to the left over the next 4 counts touch right heel forwards, raise right leg and slap inside of shin with the left hand. Touch right heel forwards, lift right foot back and slightly to the side and slap right foot with the right hand (completing the 1/4 turn) Step right foot to the side(brushing hands back past hips) step left foot behind right foot (brushing hands forward past hips)step right foot to the side (clap hands together) hitch left knee up(clicking fingers) Repeat on opposite feet moving to the left KNEE SLAPS, FOOT SLAPS, STOMPS AND CLAPS Right foot steps back, raise left knee and slap with left hand repeat on the opposite foot Right foot steps forwards left foot flicks up behind right and step left foot with right hand repeat on opposite foot Stomp right foot then left foot and clap hands twice

Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 *charged at 10p per minute