



Dance: **One Woman Man**
Type: 48 Count, 4 Wall, Improver
Choreographer: Glynn Rodgers (UK), March 2022
Choreographed to: I'm A One Woman Man by George Jones (135 bpm, 2:14 min)

Intro: Start after count 16

Section 1	Extended Syncopated Vine Right, Back Rock, Hinge 1/2 Turn	
1,2&	Step right to right side. Cross left behind right. Step right to right side	Side, behind, side
3,4	Cross left over right. Step right to right side	Cross, side
5,6	Cross rock left behind right. Recover on right	Back rock
7,8	Turn 1/4 right stepping left back (3:00). Turn 1/4 right stepping right to right side (6:00)	Turn, turn
Section 2	Cross, Side, Sailor Step, Weave Left, Side	
1,2	Cross left over right. Step right to right side	Cross, side
3&4	Cross left behind right. Step right to right side. Step left to left side	Sailor step
5-8	Cross right over left. Step left to left side. Cross right behind left. Step left to left side	Cross, side, behind, side
Section 3	Cross Rock, Chasse Right, Cross Rock, Chasse 1/4 Left	
1,2	Cross rock right over left. Recover on left	Cross rock
3&4	Step right to right side. Step left beside right. Step right to right side	Right chasse
5,6	Cross rock left over right. Recover on right	Cross rock
7&8	Step left to left side. Step right beside left. Step left 1/4 turn left (3:00)	Left chasse turn
	<i>Non-turning steps 7-8: Chasse Left</i>	
7&8	<i>Step left to left side. Step right beside left. Step left to left side</i>	<i>Left chasse</i>
Section 4	Paddle 1/4 x 2, Jazz Box	
1,2	Touch right forward. Paddle 1/4 turn left (12:00)	Paddle
3,4	Touch right forward. Paddle 1/4 turn left (9:00)	Paddle
	<i>Non-turning steps 1-4: Paddle 1/8 x 2</i>	
1,2	<i>Touch right back. Paddle 1/8 turn right (7:30)</i>	<i>Paddle</i>
3,4	<i>Touch right back. Paddle 1/8 turn right (9:00)</i>	<i>Paddle</i>
5-8	Cross right over left. Step left back. Step right to right side. Step left beside right	Cross, back, side, close
Section 5	(Stomp, Heel Toe Twist x 3) x 2	
1,2	Stomp right forward on diagonal (10:30). Twist left heel to right	Stomp, heel
3,4	Twist left toe to right. Twist left heel to right	Toe, heel
5,6	Stomp left forward on diagonal (7:30). Twist right heel to left	Stomp, heel
7,8	Twist right toe to left. Twist right heel to left	Toe, heel
Section 6	Back Touch, 1/2 Shuffle, Rocking Chair	
1,2	Step right back on diagonal (1:30). Touch left beside right	Back, touch
3&4	Turn 1/4 left stepping left to left side. Step right beside left. Step left 1/4 turn left (3:00)	Half shuffle
5-8	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair
