

# One Wing



**Count:** 96      **Wall:** 2      **Level:** Advanced

**Choreographer:** Fred Whitehouse – Jan 2016

**Music:** One Wing by Jordin Sparks (Sparkle - album)

## Intro – 3 Counts (fast intro)

### S1: Step sweep x 2,

1,2,3      Step LF forward, sweep RF from back to front over 2 counts  
4,5,6      Step RF forward, sweep LF from back to front over 2 counts

### S2: ½ diamond fall away

1,2,3      Cross LF over R, step RF back diagonal, step LF back diagonal (10.30)  
4,5,6      Step RF back, step LF to L squaring up to 9.00, step RF forward diagonal (7.30)

### S3: Step sweep x2

1,2,3      Step LF forward squaring up to 6.00, sweep RF from back to front over 2 counts  
4,5,6      Step RF forward, sweep LF from back to front over 2 counts

### S4: ½ diamond fall away

1,2,3      Cross LF over R, step RF back diagonal, step LF back diagonal (4.30)  
4,5,6      Step RF back, step LF to L squaring up to 9.00, step RF forward diagonal (1.30)

### S5: Step point x2

1,2,3      Step LF forward, point RF to R side (facing diagonal 1.30)  
4,5,6      Step RF back, point LF to L side squaring up to 12 (as you look forward at 12.00)

### S6: Weave, drag

1,2,3      Cross LF over R, step RF to R side, step LF behind R,  
4,5,6      Step R to R side, drag LF towards R

### S7: Drag, ½ twinkle turn

1,2,3      Step LF to L side, drag RF towards L  
4,5,6      Cross RF over L, ¼ turn R stepping LF back (3.00), ¼ turn R stepping RF to R side (6.00)

### S8: Step sweep, weave

1,2,3      Cross LF over R, sweep RF from back to front (6.00)  
4,5,6      Cross RF over L, step LF to L side, step RF behind L

### S9: Drag x 2

1,2,3      Step LF to L side, drag RF towards L  
4,5,6      Step RF to R side, drag LF towards R making 1/8 turn R finish facing diagonal

7.30

**S10: Forward turning basic**

- 1,2,3 Step LF forward, ¼ turn L stepping RF to R side, ¼ turn L stepping LF back  
(dance on the diagonal)
- 4,5,6 Step RF back, ¼ turn L stepping LF to L side, ¼ turn L stepping RF forward  
(7.30)

**RESTART HERE: walls 2 & 4 facing 12.00****S11: Sway forward, sway back with prep**

- 1,2,3 Rock forward on LF (over 3 counts)
- 4,5,6 Recover on to RF (prep body to R)

**S12: ½ pencil turn L, Full turn forward**

- 1,2,3 Make ½ turn L placing weight on LF closing RF next to L (pencil turn)
- 4,5,6 Step forward RF, ½ turn R stepping LF back, ½ turn R stepping RF forward  
(1.30)

**S13: Walk x2**

- 1,2,3 Walk forward on LF drag R
- 4,5,6 Walk forward on RF drag L

**TAG during wall 5****S14: Forward turning basic**

- 1,2,3 Step LF forward, ¼ turn L stepping RF to R side, ¼ turn L stepping LF back  
(dance on the diagonal)
- 4,5,6 Step RF back, ¼ turn L stepping LF to L side, ¼ turn L stepping RF forward  
(1.30)

**S15: Sway forward, sway back with prep**

- 1,2,3 Rock forward on LF (over 3 counts)
- 4,5,6 Recover on to RF (prep body to R)

**NOTE: On this section of rocks feel free to double clap as you rock forward and double clap as you prep. You will hear the big beats the first 2 times you dance this section but not on the third!**

**S16: ½ pencil turn L, Full turn forward**

- 1,2,3 Make ½ turn L placing weight on LF closing RF next to L (pencil turn)
- 4,5,6 Step forward RF, ½ turn R stepping LF back, ½ turn R stepping RF forward  
(7.30)

**To start the dance again square up to 6.00 as you take the first step on LF.**

**TAG: [18 counts] Happens during wall 5 (AFTER S13)**

**Monterey point hold, spiral full turn, sweep**

- 1,2,3,4, Step LF forward to 12.00, point RF to R side hold until count 4
- 5,6 Make full Spiral turn R keeping weight on L, step RF forward sweeping LF from  
back to front

**Monterey point hold, spiral full turn, sweep**

1,2,3,4, Step LF forward to 12.00, point RF to R side hold until count 4  
5,6 Make full Spiral turn R keeping weight on L, step RF forward sweeping LF from  
back to front

**Walk x2**

1-6 Cross LF forward, cross RF forward. (2 slow cross walks)

**Hope you enjoy this little waltz**

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