

# Forward On One

Choreographed by Jamie Marshall (3/02)  
6-Time UCWDC World Super Star Line Dance Champion

Music: Ain't It Funny (Jennifer Lopez)  
Oops I Did It Again (Brittany Spears);  
My Maria or Neon Moon (Brooks & Dunn)  
Wide Open Spaces (Dixie Chicks) (Teach)  
**NEW:** I Don't Have To Be Me 'Til Monday (Steve Azar)  
Any Cha-Cha

32 Counts/Beginner-Intermediate; 4 Wall

**A.** **STEP FORWARD R, ROCK, RECOVER, TURN 1 ½ L, SIDE ROCK R, SAILOR W/ ¼ L TURN**  
1,2,3 Step forward R (1), Rock forward L (2), Recover on R (3)  
4&5 Turn ½ L stepping forward on L (3), Turn ½ L stepping back on R (&), Turn ½ L stepping forward on L (4)  
6,7 Rock side R (5), Recover on L (6)  
8& Cross R behind L (8), Turn ¼ L stepping forward on L (&)

**B.** **STEP FORWARD R, ROCK, RECOVER, TURN 1 ½ L, SIDE ROCK R, SAILOR W/ ¼ L TURN**  
9-16 Repeat steps 1-8

**C.** **STEP FORWARD R, ROCK, RECOVER, BACK LOCK STEP, BACK STEPS WITH ATTITUDE**  
17,18,19 Step forward R (17), Rock forward L (18), Recover on R (19)  
20&21 Step back L (20), Cross R over L (&), Step back on L (21)  
&22 Step back R (&), Touch L toe forward with raised heel, slightly turning body to R (22)  
&23 Step back L (&), Touch R toe forward with raised heel, slightly turning body to L (23)  
&24 Step back R (&), Touch L toe forward with raised heel, slightly turning body to R (24)  
(Steps &22-24 may be danced with knee pops or moon walk)

**D.** **STEP FORWARD R, ¼ TURN L, WEAVE R, STEP TOGETHER, COASTER**  
&25,26,27 Step L next to R (&), Step forward R (25), Turn ¼ L stepping on L (26), Step R to R (27)  
28&29,30 Cross L behind R (28), Step R to R (&), Cross L over R (29), Step R next to L (30)  
31&32 Step back on L (31), Step R next to L (&), Step forward on L (32)



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