

Plus 1

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Type of dance: 64 counts, 2 walls, Int/adv

Music: '1', by Martin Solveig feat Sam White. Track length: 3.13. Buy on iTunes, etc.

Intro: 8 counts (app. 4 secs. into track). Start with weight on L foot, FACING 1:30

Note: NO TAGS – NO RESTARTS! ☺

| Counts | Footwork | End facing |
|----------------|---|------------|
| 1 – 9 | Walk R, R spiral, walk R, L weave ¼ L, back R, 1/8 L side L, 1/8 L into R step lock step | |
| 1 – 3 | Walk R fwd (1), step L fwd turning a full spiral turn R on L (2), walk R fwd (3) ... (<i>Non-turnny option for count 2: walk L fwd</i>) | 1:30 |
| 4&5& | Step L fwd (4), turn 1/8 L stepping R to R side (&), turn 1/8 L stepping L back (5), hitch R knee (&) | 10:30 |
| 6 – 7 | Step R back (6), turn 1/8 L stepping L to L side (7) | 9:00 |
| 8&1 | Turn 1/8 L stepping R fwd (8), lock L behind R (&), step R fwd (1) | 7:30 |
| 10 – 17 | Rock L fwd, recover 1/8 L with L sweep, L coaster, fwd R, ½ L, L back lock step | |
| 2 – 3 | Rock fwd on L (2), recover back on R turning 1/8 L on R sweeping L to L side (3) | 6:00 |
| 4&5 | Step back on L (4), step R next to L (&), step fwd on L (5) | 6:00 |
| 6 – 7 | Step R fwd (6), turn ½ L on R leaving L pointed fwd (7) | 12:00 |
| 8&1 | Step back on L (8), lock R in front of L (8), step back on L (1) | 12:00 |
| 18 – 25 | R back rock, R kick ball touch fwd, L hip roll anti clockwise, L coaster sweep | |
| 2 – 3 | Rock back on R (2), recover fwd to L (3) | 12:00 |
| 4&5 | Kick R fwd (4), step R next to L (&), touch L fwd with a slight press into the floor (5) | 12:00 |
| 6&7 | Roll hips fwd (6) roll hips to the L side (&), roll hips back so weight transfers back onto R (7) | 12:00 |
| 8&1 | Step back on L (8), step R next to L (&), step L fwd sweeping R fwd (1) | 12:00 |
| 26 – 32 | Start R jazz box, R chassé, Hold, ball side rock R, ¼ L with R flick back | |
| 2 – 3 | Cross R over L (2), step back on L (3) | 12:00 |
| 4&5 | Step R to R side (4), step L next to R (&), step R to R side (5) | 12:00 |
| 6&7 | HOLD (6), step L next to R (&), rock R to R side (7) | 12:00 |
| 8 | Turn ¼ L when recovering onto L foot and flick R backwards (8) | 9:00 |
| 33 – 41 | Walk R L R, L step lock step, rock R fwd, shuffle ½ R | |
| 1 – 3 | Walk R fwd (1), walk L fwd (2), walk R fwd (3) | 9:00 |
| 4&5 | Step L fwd (4), lock R behind L (&), step L fwd (5) | 9:00 |
| 6 – 7 | Rock R fwd (6), recover back on L (7) | 9:00 |
| 8&1 | Turn ¼ R stepping R to R side (8), step L next to R (&), turn ¼ R stepping R fwd (1) | 3:00 |
| 42 – 49 | Rock L fwd, back LR, point L&R&L fwd, L coaster cross | |
| 2 – 3 | Rock L fwd (2), recover back on R (3) | 3:00 |
| 4&5 | Step L back (4), step R back (&), point L fwd (5) | 3:00 |
| 8&6&7 | Step L back (&) point R fwd (6), step R back (&), point L fwd (7) ... <i>Styling for counts 5 – 7: do batucadas when doing the points...</i> ☺ | 3:00 |
| 8&1 | Step back on L (8), step R next to L (&), cross L over R (1) | 3:00 |
| 50 – 55 | R side rock, behind side cross, L side rock, behind side turn 1/8 R fwd | |
| 2 – 3 | Rock R to R side (2), recover onto L (3) | 3:00 |
| 4&5 | Cross R behind L (4), step L to L side (&), cross R over L (5) | 3:00 |
| 6 – 7 | Rock L to L side (6), recover onto R (7) | 3:00 |
| 8&1 | Cross L behind R (8), step R to R side (&), turn 1/8 R stepping L fwd (1) | 4:30 |
| 56 – 64 | Step ¼ L, R step lock step, walk L fwd, R rock step fwd | |
| 2 – 3 | Step R fwd (2), turn ¼ L stepping onto L (3) | 1:30 |
| 4&5 | Step R fwd (4), lock L behind R (&), step R fwd (5) | 1:30 |
| 6 | Walk L fwd (6) | 1:30 |
| 7 – 8 | Rock R fwd (7), recover back on L (8). NOTE: to start wall 2 facing 7:30 turn ½ R on L | 1:30 |
| | Start again | |
| Ending | Wall 6 is your last wall (starts at 12:00). Finish the whole dance (now facing 7:30). You have one beat left in the music. Turn 3/8 R on L stepping R fwd to face 12:00. HIT THAT BEAT! ☺ | 12:00 |