

# One, Two, Step

Artist: Ciara  
CD: Goodies

Pop, 3:24  
Moderate tempo  
Intermediate Line

Choreo: Kathy Moore, CCI  
Fairfax, VA  
October 2008

**Sequence:** Wait 32 A B A B Break C D B B ½ C

## Part A (32 beats)

**Heel Run** DS H S R S H S R S H S DS RS  
L R L R L R L R L R L R L R LR (moving right)  
&a1 & 2 & 3 & 4 & 5 & 6 &a7 &8

**Outhouse,  
Flip Turn** DS Tch(ots) H Tch(xif) H Tch(ots) H DS DT(ib) RS BR Up  
L R L R L R L R R L LR L L  
&a1 & 2 & 3 & 4 &a5 &a6 &7 & 8  
(turn ½ left)

**Heel Run,  
Outhouse,  
Flip Turn** Repeat same foot, facing back

## Part B (32 beats)

**2 Heel Pulls,  
Stomp Double** H(ots) S(close) R H(ots) S(close) R STO DS DS RS  
L R L R L R L R L R L RL  
1 2 & 3 4 & 5 &a6 &a7 &8  
(moving forward)

**2 Piney Mnts,  
Triple,** DT(ib) T-S DT(ib) T-S DS DS DS RS  
R R L L R L R LR  
&a1 &2 &a3 &4 &a5 &a6 &a7 &8  
(moving back)

**3 Rocking Chairs** DS BR Up DS RS DS BR Up DS RS DS BR Up DS RS  
(knee pops on the "1 2 step") L R R R LR L R R R LR L R R R LR  
&a1 & 2 &a3 &4 &a5 & 6 &a7 &8 &a1 & 2 &a3 &4  
(turn ¼ left) (turn ¼ left) (turn ¼ left)

**Kick Turn Basic** DS Kick DS RS  
L R R LR  
&a5 6 &a7 &8  
(turn ¼ left)

## Break (4 beats)

**Jazz** S (swivel L) S (swivel R) S (swivel L) S (swivel R)  
L R L R  
L arm down R arm down L arm up R arm up  
1 2 3 4

**Part C (64 beats)**

<b>MJ Run</b>	DS	DS(ib)	R	S(ots)	S(xib)	RS(xif)	RS(xib)	DS	RS	
	L	R	L	R	L	RL	RL	R	LR	
	&a1	&a2	&	3	4	&5	&6	&a7	&8	
	(moving right)									
<b>Ciara</b>	DS	Tch(ots)	H	B-H(xif)	Tch Up	DS	SK	around/H	RS	H-drop
	L	R	L	RR	L L	L	R	R/L	RL	R R
	&a2	&	2	& 3	& 4	&a5	&	6	&7	& 8
<b>Kangaroo, Pivot Chain</b>	DS	SL	RS	SL	RS	DS	RS	RS	RS	
	L	L	RL	L	RL	R	LR	LR	LR	
	&a1	&	2&	3	&4	&a5	&6	&7	&8	
	(forward)					(turn $\frac{3}{4}$ right)				
<b>Charleston, Soccer Turn</b>	DS	Tch(if)	H	B-H	RS	DS	DT	H	DS	RS
	L	R	L	R	LR	L	R	L	R	RL
	&a1	&	2	&3	&4	&a5	&a	6	&7	&8
						(turn $\frac{1}{4}$ left)				
<b>Repeat</b>	Same foot, facing back									

**Part D - Rap (32 beats)**

<b>Skuff Ups, Touch Ups</b>	S	SK	Up	DS	SK	Up	DS	Tch Up	Tch Up	Tch Up
	L	R	R	R	L	L	L	R R	R R	R R
	1	&	2	&a3	&	4	&a5	& 6	& 7	& 8
	(hands palms up, up with R foot)									
<b>Hard Step, McNamara</b>	DT(ib)	H	BR	Up/H	DS	RS	S	H(ots)	S S S	H(ots)
	R	L	R	R/L	R	LR	L	R	R L R	L
	&a	1	&	2	&a3	&4	&	5	& 6	& 7 8
	(thumbs point to chest on 7)									
<b>Funky Knees &amp; Elbows</b>	S	RS	DS	Tch(close)	knees out	B-H	B-H	B-H	B-H	
	L	RL	R	L		L	R	L	R	
	1	&2	&a3	&	4	&5	&6	&7	&8	
						& : fists tog. elbows out 5 : elbows tilt right 6 : elbows tilt left 7 : elbows tilt right 8 : elbows tilt left				
<b>Twist Basic, Jump Slide</b>	DS/Twist-Left	Twist-Right	Up	DS	RS	DS	Jump	Slide(tog)	H	
	L/B	B	L	L	RS	R	B	B	R	
	&a 1	&	2	&a3	&4	&a5	&	6	7 8	
	(full turn L on slide)									

**Part  $\frac{1}{2}$  C (16 beats)**

Do sequence 1 time, end facing front. Pose or dance off through end of music