

# One Minute



**Count:** 64      **Wall:** 2      **Level:** Intermediate  
**Choreographer:** Jean-Pierre Madge (FR) Sept 2015  
**Music:** One Minute Man by Missy Elliott

## #1: Coaster Step, Ball Step ¼ Turn, Ball Step ¼ turn, Ball Side Rock

1&2      Coaster step R, L, R  
 &3-4      Ball step L forward, Step R forward, ¼ L (weight on R)  
 &5-6      Ball step L next to R, Step R forward, ¼ L (weight on L)  
 &7      Step R next L, Rock L to L  
 8      Recover on R

## #2: Cross, ¼ Turn, Shuffle ¼ Turn, Rocking Chair, Out-Out In

1-2      Cross L over R, ¼ R step R forward  
 3&4      Shuffle L, R, L ¼ to R  
 5&6&      Rock R forward, recover, Rock R back, recover  
 7&      Step R out, Step L out  
 8      Pull both feet together

## #3: Swivel Toes Heels Out, Bend Knees, Bump Up Twice R, Bend Knees, Bump Up Twice L, Bend Knees, Cross, Side Rock

1&2      Both toes out, Both heels out, bend knees  
 &3-4      Two hips bump R, Come back to the middle  
 &5-6      Two hips bump L, Come back to the middle  
 7&8      Cross L over R, Rock R to R, Recover on L

## #4: Weave L, Cross Shuffle ¼, ½ L, Step, Hitch Twice Kick Twice

1&2&      Cross R over L, Step L to L, Cross R behind L, Step L to L  
 3&4      Cross R over L, L to L, ¼ L Step R forward  
 5-6      Pivot ½ L (weight on L), Step R forward  
 7&      Hitch twice L knee (Keep it up)  
 8&      Kick twice L (Keep it up)

## #5: Fwd Rock, Side Rock, Behind Side Cross, Fwd Rock, Side Rock, Behind, Swivel Heels

1&2&      Rock L forward, recover, Rock L to L, recover  
 3&4      Step L behind R, Step R to R, Cross L over R  
 5&6&7      Rock R forward, recover, Rock R to R, recover, Step R back  
 &8      Swivel both heels to L, recover (weight on the R)

## #6: Anchor Step, Anchor Step, Back, ½ R, Step, ¼ R

1&2      Anchor step L, R, L moving back  
 3&4      Anchor step R, L, R moving back  
 5-6-7      Step L back, ½ R Step R forward, Step L forward  
 &8      Swivel legs & lower body ¼ R, Swivel upper body & head ¼ R

## #7: Sideways "Moonwalks" R, Sideways "Moonwalks" L with 1/4 Turn L

1-2      Drag L next to R, Push R to R,  
 3-4      Drag L next R, Push R to R and Rock  
 5-6      Push L to L, Drag R next L  
 7-8      Push L to L, ¼ L Drag R next L

## #8: Kick & Jump 2x, Step ¼ Turn Together, Up, Hold, Down Down Down

1&2      Kick R to R diagonal, Prepare to jump, Jump to R diagonal with feet together  
 3&4      Kick L to L diagonal, Prepare to jump, Jump to L diagonal with feet together  
 5&6&      Step R forward, Pivot ¼ L, R next to L, Heels up  
 7      Hold  
 &8&      Drop heels, Bend knees a little, Bend knees a little more (weight on L)

Hope you enjoy this dance!