



One (Adult Tap Dance)

'A Chorus Line' Soundtrack

* R or L at the beginning of a step or line refers to the foot you start on; right or left.

** Moves in *Italics>* are what we will be learning next.

Starting at offstage both sides - Those on stage R start with L foot, those on stage L start with R foot:

(x3) toe heel travelling sideways, (x2) steps turning by half (REPEAT this x4 moving across stage to make two lines)

R - Stamp on 'ONE'

R - (x12) marches to the directions given in class (moving into one line)

R - Stamp on 'ONE'

R - toe heel (x4) in box, stamp R, stamp L, snatch feet together, stomp forwards

R - Forward tap step ball change (x3), ball change (x2 turning to R finish facing L side)

R - Stamp forwards into a lunge (three groups 'else', 'will', 'do')

L - (3x) steps turning to face back

R - Forward tap step ball change (x3), ball change (x2 turning to R finish facing R side)

L - Stamp forwards into a lunge (three groups 'you', 'know', 'who')

R - Bring R foot into snatch and then stomp forwards, circling arms forwards on 'ONE'

R - Backward tap step ball change (x2), steps (x2 turning to R finish facing front), toe heel

L - Step, step, step toe tap (x2)

L - Step, backward tap, hop, step, backward tap, hop, toe beat

R - Stamp, stamp (in two groups facing alternate sides), toe heel (x2 moving up or down stage)

L - Stamp, stamp (in two groups facing alternate sides), toe heel (x2 moving up or down stage)

L - Step, step, step, heel beat (x3), step, step, stamp, stamp (to finish facing front)

L - Cross foot over R and swivel turn in cannon (finishing facing front)

R - (2x) Single Time Step = Shuffle, hop, step, forward tap, step, step

R - (2x) Suzi Q, clap, (3x) steps turning, (REPEAT on L)

R - Step heel drop, step toe tap, step heel drop, clap, clap

L - Heel Toe, ball change (x2)

L - Step heel drop, step toe tap, step heel drop, clap, clap

R - Heel toe, ball change (x2)

R - Stamp, stamp, step, step (x4 quick turning - like in warm-up dance)

R - Shufful step step, step step toe heel to RDF

L - Step, step drag to LDB, (4x) steps turning

R - Step, step drag to RDB, (4x) steps turning

L - Step, step, heel dig, step, step, step, stamp, stamp (REPEAT on R)

R - Stamp, stamp (taking arms up)

R - (6x) heel toe turning

