

# One Hand One Heart

Classic Line Dance – Intermediate C

Updated 28/01/2024

Dance Style : Rise & Fall (Waltz)  
Description : 2 Wall / 48 Count, 1 Tag  
Choreographer : Eun young Na (Secret Anna)  
Music : "One Hand One Heart" by The Best Collection Slow Waltz



## BACK TWINKLE, STEP BACK, HEEL TURN, STEP SIDE, BACK LOCK, STEP BACK

- 1 RF Step back (*facing 01:30*).  
2 LF Make ¼ Turn L, step to side (*facing 10:30*).  
3 RF Step back.  
4 LF Step back.  
& RF Step next to LF.  
5 BF Make ½ Turn R on heels (*facing 04:30*).  
& LF Make ¼ Turn R and step to side (*facing 07:30*).  
6 RF Make ¼ R and step back Lock (*facing 10:30*).  
& LF Step back.

## STEP SIDE, DRAG, CHECK, STEP BACK

- 7 RF Make ¼ turn R, Step to side (*facing 01:30*).  
8 LF Start to drag left foot towards right.  
9 LF Finish drag.  
10 LF Step forward.  
11 RF Recover weight.  
12 **LF** Make ¼ turn R, step back (*facing 04:30*).

## STEP FORWARD, SWEEP, PIQUE TURN, FULL TURN

- 13 RF Make ¼ turn R, step forward (*facing 07:30*).  
14 LF Make ½ turn R, start to sweep left foot (*facing 01:30*).  
15 Finish sweep.  
16 LF Make ¼ turn L, step forward, lift RF in pique (*facing 10:30*)  
17 RF Make ½ turn L, step back, lift LF in pique (*04:30*) (*facing 10:30*)  
18 LF Make ½ turn L, step forward (*facing 10:30*).  
& RF Make ½ turn L, step back (*facing 04:30*)

## STEP FORWARD, SWEEP, CROSS, SIDE, BEHIND

- 19 LF Make ½ turn L, step forward (*facing 10:30*) start sweep RF from back to front.  
20 RF Continue the sweep.  
21 Finish sweep (*facing 10:30*).

- 22 RF Step forward.  
23 LF Make ¼ turn R, step to side (*facing 12:00*).  
24 RF Step behind LF.

## SYNCOPATED LOCK, ½ TURN L, SYNCOPATED LOCK, FULL TURN L

- 25 LF Cross over RF.  
& RF Step to side.  
26 LF Make ¼ turn L, step behind RF (*facing 09:00*).  
27 RF Make ¼ turn L, step back (*facing 06:00*).  
28 LF Make ¼ turn L, step forward (*Facing 03:00*).  
& RF Make ¼ turn L, step to side (*facing 12:00*).  
29 LF Make ¼ turn L, step behind RF (*facing 09:00*).  
30 RF Make ¼ turn L, step back (*facing 06:00*).

## ½ TURN TWINKLE (X2)

- 31 LF Make ¼ turn L, step forward (*facing 03:00*).  
32 RF Make ¼ turn L, step slightly forward and to side (*facing 12:00*.)  
33 LF Diagonally step forward (*facing 12:00*).  
34 RF Cross over LF (*facing 12:00*).  
35 LF Make ¼ turn R, step back (*facing 03:00*).  
36 RF Make ¼ turn R, step slightly forward and to side (*facing 06:00*).

## \*TAG – IN SECOND WALL AFTER 36 COUNTS

## DEVELOPPE'S (FORWARD & BACK)

- 37 LF Step across (*facing 07:30*).  
38 RF Lift R leg bent & unfold it forward (*facing 07:30*).  
39 RF Close next to LF.  
40 LF Start to lift L leg back.  
41 Fully extend L leg back.  
42 LF Step back.

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### PLIE ARABESQUE, TURN, FULL TURN, ROCK STEP

- 43 RF Step forward (*Plie*).  
LF Start to lift L leg back.  
44 LF Fully extend L leg back.  
45 LF Make ½ turn R, step back (*facing 01:30*).  
46 RF Make ½ turn R, step forward (*facing 07:30*)  
& LF Make ½ turn R, step back (*facing 01:30*).  
47 RF Make ½ turn R, step forward (*facing 07:30*).  
48 LF Step recover.

**\*TAG – IN WALL 2 AFTER 36 COUNTS, ADD THESE 12 STEPS AND THEN CONTINUE WITH THE REST OF THE CHOREOGRAPHY FROM COUNT 37.**

### STEP FORWARD, LIFT LEG FWD AND BACK, BACK ROCK

- 1 LF Step forward (*01:30*).  
2 RF Lift right leg forward (*01:30*).  
3 RF Keep leg extended while turning ½ to left (*facing 07:30*).  
4 RF Step backward.  
5 LF Step back rock.  
6 RF Recover.

### STEP FORWARD, LIFT LEG FORWARD AND BACK, BACK ROCK

- 7 LF Step forward (*07:30*).  
8 RF Lift right leg forward (*07:30*).  
9 RF Keep leg extended while turning 1/2 to left (*01:30*).  
10 RF Step backward.  
11 LF Step back rock.  
12 RF Recover.