

# Plus 1

Competition Step Sheet

**DIVISION: Allstars**

Description: 64 Counts, 2 Walls, Cha Cha, Non-Country  
Choreographer: Niels Poulsen  
Music: +1 (feat Sam White) by Martin Solveig (special edit)  
Available on [www.worlddancemasters.com](http://www.worlddancemasters.com)  
Count-in: 8 Count Intro



**Start with weight on LF, facing 1.30**

**1-9 Towards 1.30: 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**

1,2,3 Walk R fwd (1), step L fwd turning a full spiral turn R on L (2), walk R fwd (3) (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 (keep weight R) (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 Modified 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, Triple ½ R**

1,2,3 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 L, R, 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  
&6&7 Step L back (&) point R fwd (6), step R back (&), point L fwd (7)  
Optional Styling for counts 5 - 7: do batucadas instead of doing the points (3:00)  
8&1 Step back on L (8), step R next to L (&), cross L over R (1) (3:00)

**50-57 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)

**58-64 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), ½ spiral turn R on L (7:30)

Begin again ☺