



Dance: **One More For The Road**  
 Type: 64 Count, 2 Wall, Improver  
 Choreographer: Shane McKeever (IRE) & Fred Whitehouse (IRE), December 2025  
 Choreographed to: One More For The Road by Ceol (132 bpm, 3:33 min)

Intro: Start after count 16

**Section 1 (Point x 2, Coaster Step) x 2**

1,2	Point right forward. Point right to right side	Point, point
3&4	Step right back. Step left beside right. Step right forward	Coaster step
5,6	Point left forward. Point left to left side	Point, point
7&8	Step left back. Step right beside left. Step left forward	Coaster step

**Section 2 (Forward Rock, 1/2 Shuffle) x 2**

1,2	Rock forward on right. Recover on left	Forward rock
3&4	Turn 1/4 right stepping right to right side. Step left beside right. Step right 1/4 turn right (6:00)	Half shuffle
5,6	Rock forward on left. Recover on right	Forward rock
7&8	Turn 1/4 left stepping left to left side. Step right beside left. Step left 1/4 turn left (12:00)	Half shuffle

**Section 3 Charleston x 2**

1-4	Step right forward. Kick left forward. Step left beside right. Point right back	Step, kick, back, point
5-8	Step right forward. Kick left forward. Step left beside right. Point right back	Step, kick, back, point

**Section 4 Modified Rumba Box**

1,2	Step right to right side. Step left beside right	Side, close
3&4	Step right forward. Step left beside right. Step right forward	Right shuffle
5,6	Step left to left side. Step right beside left	Side, close
7&8	Step left back. Step right beside left. Step left back	Back shuffle

**Section 5 Back Rock, 1/2 Shuffle x 2, Stomp x 2**

1,2	Rock back on right. Recover on left	Back rock
3&	Turn 1/4 left stepping right to right side. Step left beside right	Half shuffle
4	Turn 1/4 left stepping right back (6:00)	
5&6	Turn 1/4 left stepping left to left side. Step right beside left. Step left 1/4 turn left (12:00)	Half shuffle
	<i>Non-turning steps 3-6: Right Shuffle, Left Shuffle</i>	
3&4	<i>Step right forward. Step left beside right. Step right forward</i>	<i>Right shuffle</i>
5&6	<i>Step left forward. Step right beside left. Step left forward</i>	<i>Left shuffle</i>
7,8	Stomp right beside left. Stomp left beside right	Stomp, stomp

**Section 6 Jazz Box 1/4 Step, Monterey 1/4**

1-4	Cross right over left. Step left back. Step right 1/4 turn right (3:00). Step left forward	Cross, back, turn, step
5,6	Point right to right side. Turn 1/4 right stepping right beside left (6:00)	Monterey turn
7,8*	Point left to left side. Step left beside right	

**Section 7 V-Step, Modified Syncopated V-Step**

1,2	Step right forward on diagonal (7:30). Step left forward on diagonal (4:30)	Step out, out
3,4	Step right back on diagonal (1:30). Step left beside right	In, close
&5,6	Step right forward on diagonal (7:30). Step left forward on diagonal (4:30). Clap	Step out, out, clap
&7,8	Step right back on diagonal (1:30). Step left beside right. Clap	In, close, clap

**Section 8 1/2 (Right Shuffle, Left Shuffle), Walk 1/2 x 4**

1&2	Step right forward. Step left beside right. Step right forward (9:00)	Half shuffle
3&4	Step left forward. Step right beside left. Step left forward (12:00)	Half shuffle
	<i>Non-turning steps 1-4: Back Shuffle x 2</i>	
1&2	<i>Step right back. Step left beside right. Step right back</i>	<i>Back shuffle</i>
3&4	<i>Step left back. Step right beside left. Step left back</i>	<i>Back shuffle</i>
	<i>{Make 1/2 turn right over 2 shuffle steps}</i>	
5-8	Walk forward stepping right, left, right, left making 1/2 turn right (6:00)	Walk, walk, walk, walk

<b>Tag 1</b>	<b>End of Wall 6 (6:00 - add Tag facing 12:00)</b>	
	<b>Walk 1/2 x 4</b>	
1-4	Walk forward stepping right, left, right, left making 1/2 turn right (6:00)	Walk, walk, walk, walk
<b>Tag 2</b>	<b>End of Wall 7 (6:00 - add Tag facing 12:00)</b>	
	<b>1/2 (Right Shuffle, Left Shuffle), Walk 1/2 x 4</b>	Half shuffle
1&2	Step right forward. Step left beside right. Step right forward (9:00)	Half shuffle
3&4	Step left forward. Step right beside left. Step left forward (12:00)	
	<i>Non-turning steps 1-4: Back Shuffle x 2</i>	<i>Back shuffle</i>
1&2	<i>Step right back. Step left beside right. Step right back</i>	<i>Back shuffle</i>
3&4	<i>Step left back. Step right beside left. Step left back</i>	
	{Make 1/2 turn right over 2 shuffle steps}	Walk, walk, walk, walk
5-8	Walk forward stepping right, left, right, left making 1/2 turn right (6:00)	
	<b>1/2 (Right Shuffle, Left Shuffle), Walk 1/2 x 4</b>	
1&2	Step right forward. Step left beside right. Step right forward (9:00)	Half shuffle
3&4	Step left forward. Step right beside left. Step left forward (12:00)	Half shuffle
	<i>Non-turning steps 1-4: Back Shuffle x 2</i>	
1&2	<i>Step right back. Step left beside right. Step right back</i>	<i>Back shuffle</i>
3&4	<i>Step left back. Step right beside left. Step left back</i>	<i>Back shuffle</i>
	{Make 1/2 turn right over 2 shuffle steps}	
5-8	Walk forward stepping right, left, right, left making 1/2 turn right (6:00)	Walk, walk, walk, walk
<b>Restart</b>	<b>* Walls 3 &amp; 5 (12:00) after 48 Counts (restart facing 6:00)</b>	

N.B. This dance can be done as a contra dance.

Section 4: dance Rumba Box passing opposite dancer as in a Do-Si-Do step

Section 5: switch sides whilst dancing 1/2 Shuffle steps

Section 8 & Tag 2: cross right arms whilst shuffling and walking in circle