



Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **Strummingbird**
Type: 32 Count, 4 Wall, Absolute Beginner
Choreographer: Maddison Glover (AUS), October 2025
Choreographed to: One More by James Johnston (124 bpm, 2:47 min)

Intro: Start after count 16

Section 1	Side Touch x 2, Vine Right Touch	
1,2	Step right to right side bending both knees. Touch left in place	Side, touch
3,4	Step left to left side bending both knees. Touch right in place	Side, touch
	<i>Optional styling steps 1,3: Swing or scoop hips down to right or left respectively</i>	
	<i>Optional styling steps 2,4: Click right or left fingers respectively in front of eyes or tip hat</i>	
5,6	Step right to right side. Cross left behind right	Side, behind
7,8	Step right to right side. Touch left beside right	Side, touch
Section 2	Hip Bump x 4, Vine Left Touch	
1,2	Step left to left side and bump hips left. Bump hips right	Bump left, right
3,4	Bump hips left. Bump hips right and flick left back	Left, right
5-8	Step left to left side. Cross right behind left. Step left to left side. Touch right beside left	Side, behind, side, touch
Section 3	Heel Strut x 4	
1,2	Step right heel forward. Lower right toe	Heel strut
3,4	Step left heel forward. Lower left toe	Heel strut
5,6	Step right heel forward. Lower right toe	Heel strut
7,8	Step left heel forward. Lower left toe	Heel strut
	<i>Optional styling steps 1-8: Funk it up - Bend knees when lowering toes</i>	
Section 4	Heel Toe Touch x 4, 1/4 V-Step	
1,2	Touch right heel forward. Touch right heel forward	Heel, heel
3,4	Touch right toe back. Touch right toe back	Toe, toe
5,6	Step right forward on diagonal (1:30). Step left forward on diagonal (10:30)	Step out, out
7,8	Turn 1/8 right stepping right back (7:30). Turn 1/8 right stepping left beside right (3:00)	In, close
	<i>Optional styling step 8: Jump feet together and clap</i>	
Ending	End of Wall (10:00 - facing 6:00)	
	1/2 Jump	
1	Jump forward making 1/2 turn right (12:00)	Jump
