

One Of Us (CBA 2021)

Choreographed : Mark Furnell & Chris Godden (Jan 2021)
Music : **One of Us** "By" ABBA
Descriptions : 30 count - 2 wall - Improver line dance
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Intro: 16 Counts

Sec 1: Weave, Mambo Step, Touch 1/2 Turn Right, Step Back Right, Left

1-2& Step right to right, Cross left behind right, Step right to right
3&4& Rock forward on left making 1/8 right, Recover onto right, Step back on left, Touch right back (1:00)
5-6 Unwind 1/2 right over two counts weight stays on left (7:00) 7-8 Step right back, Step left back

Sec 2: Back Rock Side, Weave, Side Rock, Cross, Turn, Hook

1&2 Rock back on right, Recover on left, Step right into 1/8 turn left (6:00)
3&4 Cross left behind right, Step right to right, Cross left over right
5-6 Rock right to right side, Recover onto left
7-8 Cross right over left starting 1/2 right, Step on left to complete 1/2 turn hooking right over left (12:00)

Restart: Here on Wall 2 & 6

Sec 3: Step, Together, Anchor Step, Touch 1/2 Sweep, Weave

1-2 Step forward on right, Step left beside right (Raising both arms forward and up)
3&4 Rock back on right, Recover onto left, Rock back on right (Pulling both arms down)
5-6 Touch left toe back, Unwind 1/2 turn left taking weight onto left sweeping right from back to front (6:00)
7&8& Cross right over left, Step left to left, Cross right behind left, Step left to left

Sec 4: Sway, Sway, Jazz Box Cross

1-2 Step right to right side swaying hips to right over two counts
3-4 Sway hips to left over two counts
5&6& Cross right over left, Step back on left, Step right to right, Cross left over right

7-8 Please note: Counts 7-8 do not exist.

Arms: On walls 4 and 8 replace counts 5&6& in Sec 4 with two-count arm movement and pose.

5-6 Raise right arm to right side palm up and turn head to right to strike a pose.

Start Again

Tag: Handbag Steps - danced at the end of walls 3, 7 and 9

1&2& Step right to right, Touch left beside right. Step left to left, Touch right beside left

Sequence

Wall 1- Full

Wall 2- Half

Wall 3- Full plus Tag

Wall 4- Full with Arm Raise

Repeat sequence for walls 5,6,7,8

Wall 9- Full plus Tag

Note as complicated as it looks — THE MUSIC WILL TELL YOU.