

One Of Us

32 count, 2 wall, beginner/intermediate level
Choreographer: Johnnie "legs" Sutton (England)
May 2004

Choreographed to: One Of Us by Abba (80 bpm)

Start 8 counts from drums, start on vocals

SECTION 1 TWO WALKS, RIGHT SIDE MAMBO. TWO WALKS LEFT SIDE MAMBO.

- 1-2 Walk forward right. Walk forward left.
- 3&4 Rock right sideways. Rock left to left. Step right beside left.
- 5-6 Walk forward left. Walk forward right.
- 7&8 Rock left sideways. Rock right to right. Step left beside right

SECTION 2 RIGHT RONDE, 1/2 TURN UNWIND, JAZZ BOX INTO 1/4 TURN RIGHT.

- 1-2 Sweep right out and around over left.
- 3-4 Unwind 1/2 turn left (weight ends on left).
- 5-6 Cross right over left. Step back left.
- 7-8 Step right into 1/4 turn right. Touch left beside right.

SECTION 3 ROCK STEP, TRIPLE 1/2 TURN, FULL TURN, LEFT SHUFFLE.

- 1-2 Rock forward on right. Recover onto left.
- 3&4 Triple 1/2 turn right. Stepping right left right.
- 5-6 Step forward left into 1/2 turn right. Step forward right into 1/2 turn right.
- 7&8 Step left forward. Close right beside left. Step left forward.

SECTION 4 JAZZ BOX INTO 1/4 TURN RIGHT. FOUR HEEL SWITCHES.

- 1-2 Cross right over left. Step back left.
 - 3-4 Step right into 1/4 turn right. Touch left beside right.
 - 5-6 Touch right heel forward and replace. Touch left heel forward and replace.
 - 7-8 Touch right heel forward and replace. Touch left heel forward and replace.
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