

Website: www.linedancerweb.com Email: admin@linedancerweb.com

One Of Us Is Dancing

INTERMEDIATE

54 Count 4 Walls Choreographed by: Jan Smith Choreographed to: One Of Us by ABBA

Start on the vocals - 8 counts in from the beat starting

1 1 - 2 3 & 4 5 - 6 7 - 8	CROSS BACK, SIDE CLOSE SIDE, CROSS ROCK,RECOVER SWEEP, CROSS BEHIND UNWIND 1/2, Cross right, step back left, right side close side, cross rock left over right, , recover to left sweeping left around cross left behind right, unwind 1/2 (weight on left)
2 9 & 10 11 & 12 13 & 14 15 & 16	ROCK SIDE & CROSS, ROCK SIDE & CROSS, SIDE CLOSE SIDE, BEHIND SIDE CROSS, Rock right to right, recover weight left, cross right over left, Rock left to left side, recover weight to right, cross left over right, right side close side, left behind, right side, cross left over right
3 17 - 18 19 & 20 21 - 22 23 - 24	ROCK SIDE & TURN 1/4, STEP LOCK STEP, ROCK FORWARD RECOVER, SWEEP, SWEEP Rock right to right side, recover weight onto left foot turning 1/4 left, Step forward right lock left, step forward right, Rock forward on left, recover weight to right Sweep left around to the back, sweep right around to back
25 - 26 27 - 28 29 & 30 31 - 32	SWEEP BEHIND UNWIND 3/4 SWEEP, CROSS, SIDE, BEHIND, TURN 1/4, STEP, ROCK RECOVER Sweep left around behind right, unwind 3/4 sweeping right around from back to front Cross right over left, step left to left side, step right behind left, step left 1/4 left, step right forward rock forward on left, recover weight to right
5 33 & 34 35 - 36 37 - 38 39 - 40	COASTER CROSS, DIAGONAL ROCK RECOVER, ROCK BACK RECOVER, DIAGONAL ROCK RECOVER Step back on left, step right by left, cross left over right Rock right to right diagonal, recover weight to left Rock right behind left, (looking back over right shoulder), recover weight to left Rock right to right diagonal, recover weight to left
6 41 & 42 43 - 44 45 & 46 47 - 48	1/2 TURN SHUFFLE, CROSS ROCK RECOVER, SIDE CLOSE SIDE, CROSS ROCK RECOVER 1/2 turning shuffle right (stepping right 1/4 right, close left to right, step right 1/4 right) Cross rock left over right, recover weight to right Step left to left side, close right to left, step left to left side Cross rock right over left, recover weight to left
7 49 & 50 51 - 52 53 & 54	1/2 TURN SHUFFLE, DIAGONAL ROCK RECOVER, SAILOR STEP 1/2 turning shuffle right (stepping right 1/4 right, close left to right, step right 1/4 right) Rock left to left diagonal, recover weight to right Sailor step (cross left behind right, step right to right side, step left to left side)

Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 *charged at 10p per minute

START AGAIN