



# ONE OF US

**Choreographed by :** Mark Furnell (UK) & Chris Godden (UK) Jan 2021  
30 Count, 2 Wall, Improver Level Dance  
Choreographed to: One Of Us by ABBA  
Intro: 16 Counts. Start on vocal at approx 37 secs.

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**SEC 1 WEAVE, MAMBO STEP, TOUCH ½ 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 ¼ right, Recover onto right, Step back on left, Touch right back (1:00)  
5-6 Unwind ½ 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 ¼ 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 ½ right, Step on left to complete ½ turn hooking right over left (12:00)

**Restart** Here on Wall 2 & 6

**SEC 3 STEP, TOGETHER, ANCHOR STEP, TOUCH ½ 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 ½ 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.

**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

Not as complicated as it looks – THE MUSIC WILL TELL YOU.