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| One of Us is Stronger |  |

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| **Count:** | 96 | **Wall:** | 2 | **Level:** | Phrased High Intermediate waltz | . |
| **Choreographer:** | Jessica Boström (SWE) - October 2015 | | | | |
| **Music:** | One of Us - Guy Sebastian | | | | |
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**(Start after 24 counts, 11 secs in)**

**Phrasing: A, A\*, B, B\*, Tag 1, A, A\*, B, B\*, A\*\*, Tag 2, B, B, B, short B until music ends**

**(please look at the video for preferences)**

**A – 48 counts**

**A1: Cross. Point. Hold. Cross. Point. Hold. Cross with a ¼ R. Point. Hold. Cross. ¼ L. ½ L.**

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| 1 - 3 | Cross R over L. Point L to L side. Hold. |

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| 4 - 6 | Cross L over R. Point R to R side. Hold. |

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| 7 - 9 | Cross R over L while Turning ¼ R. Point L to L side. Hold. (3.00) |

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| 10 - 12 | Cross L over R. ¼ L stepping R Back. ½ L stepping L Forward. (6.00) |

**A2: Cross. Point. Hold. Cross. Point. Hold. Cross with a ¼ R. Point. Hold. Cross. ¼ L. ½ L.**

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| 1 - 3 | Cross R over L. Point L to L side. Hold. |

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| --- | --- |
| 4 - 6 | Cross L over R. Point R to R side. Hold. |

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| --- | --- |
| 7 - 9 | Cross R over L while Turning ¼ R. Point L to L side. Hold. (9.00) |

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| --- | --- |
| 10 - 12 | Cross L over R. ¼ L stepping R Back. ½ L stepping L Forward. (12.00) |

**A3: Rock Forward. Recover. Step Back. Step Back. Sweep. Weave Left. Side. Drag. Touch.**

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| --- | --- |
| 1 - 3 | Rock Forward on R. Recover onto L. Step back on R. |

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| 4 - 6 | Step Back L. Sweep Right out and around from front to back (over 2 Counts). |

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| 7 - 9 | Cross R Behind L. Step L to L Side. Cross R over L. |

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| 10 - 12 | Step L to L side. Drag R towards L over 2 counts ending in a touch R beside L. (12.00) A\*\* |

**A4: 1/8 Turn R Basic Waltz Forward. Cross. 1/8 L. 1/8 L. Back. 1/8 L. ¼ L. Side Rock. Step.**

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| --- | --- |
| 1 - 3 | 1/8 Turn R Step Forward on R. Step L beside R. Step R Forward. (1.30) |

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| --- | --- |
| 4 - 6 | Cross L over R. 1/8 L Step R to R Side. 1/8 Turn L Step Back on L. (10.30) |

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| --- | --- |
| 7 - 9 | Step Back on R. 1/8 Turn L Stepping L to L Side. Turn ¼ L Step Forward on R. (6.00) |

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| 10 - 12 | L Side Rock. Recover on R. Step Forward L. (6.00) |

**B – 48 counts**

**B1: 1/8 R Sway Forward. Sway Back. Step. ½ Turn L. ½ Turn Left. Press Forward. Hold x 2.**

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| 1 - 3 | 1/8 Turn R Sway Forward Diagonally over 3 counts on L. (towards 1.30) |

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| 4 - 6 | Sway Back over 3 counts on R. |

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| 7 - 9 | Step forward on L. ½ Turn Left Step R Back. ½ Turn L Step L Forward. (1.30) |

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| --- | --- |
| 10 - 12 | Press R Forward. Hold 2 counts (1.30) |

**B2: Back. Lock. Back. Back. Sweep. Sailor Step. Back. Sweep.**

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| --- | --- |
| 1 - 3 | Step Back L. Cross Lock R over L. Step Back on L. (1.30) |

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| --- | --- |
| 4 - 6 | Step Back on R. Sweep L out and around from front to back (over 2 Counts). (squaring up to 12.00) |

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| 7 - 9 | Cross L Behind R. Step R to R Side. Step L to L Side. |

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| 10 - 12 | Step Back on R. Sweep L out and around from front to back (over 2 Counts). (12.00) |

**B3: Weave Right. Side. Back Rock. Side. Back Rock. Side. Back Rock.**

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| --- | --- |
| 1 - 3 | Cross L Behind R. Step R to R Side. Cross L over R. |

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| --- | --- |
| 4 - 6 | Step R to R Side. Rock Back L. Recover on R. |

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| 7 - 9 | Step L to L Side. Rock Back on R. Recover on L. |

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| 10 - 12 | Step R to R Side. Rock Back on L. Recover on R. (12.00) |

**B4: ¾ Turn L Basic Waltz. ½ Turn L Basic Waltz. Rock Forward. Recover. Step Together. Step Turn ¼ L. Step Together.**

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| --- | --- |
| 1 – 3 | ¼ L Step Forward on Left. ¼ Turn Left Stepping Right to Right Side. ¼ Turn Left Stepping Left Back. (3.00) |

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| 4 – 6 | Step Back on Right. ¼ Turn Left Stepping Left to Left Side. ¼ Turn Left Stepping Forward on Right. (9.00) |

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| 7 – 9 | Rock Forward on L. Recover on R. Step Together on L. |

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| 10 – 12 | Step Forward on R. ¼ Turn L (weight on L). Step Together on R. (6.00) |

**Tag 1 (facing 12.00)**

**Rock Forward. Recover. Back. Back. Sweep. Behind. Side. Forward. Step Forward. Hold x 2.**

|  |  |
| --- | --- |
| 1 – 3 | Rock Forward on R. Recover on L. Step Back on R |

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| --- | --- |
| 4 – 6 | Step Back on L. Sweep R out and around from front to back (over 2 Counts). |

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| 7 – 9 | Step R Behind L. Step L to L Side. Step Forward on R. |

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| 10 – 12 | Step Forward on L. Hold for 2 counts. |

**Tag 2 (facing 12.00, ends facing 6.00), try to hit the counts in the music**

**¼ R. ½ R. ¼ R Step Out. Step Out. Hold x 2. Cross. ¼ R. ¼ R Step Out. Step Out. Hold x 2.**

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| 1 – 3 | ¼ Turn R Step R Forward. ½ Turn R Step L Back. ¼ R Step out R. |

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| 4 – 6 | Step Out L. Hold 2 counts. |

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| 7 – 9 | Cross R over L. ¼ R stepping L Back. ¼ R Step Out R. |

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| 10 – 12 | Step Out on L. Hold for 2 counts. (6.00) |

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| 1 – 3 | Throw your R arm in a semi-circle from right hip and up crossing you left side. Spread you finger on your way up (for styling look towards R hand). |

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| 4 | Close your fingers and make a fist. |

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| 5 - 6 | Pull your fist down, hitting the beat on 6 where he stops singing. Here it’s a small break in the music, put you weight on R ready to start B when the music starts again. |

**A\***

**When going from A into B you change last step of A, make a Touch with L instead of Step Forward, ending with you weight on R, ready to start with L on count 1 of B.**

**A\*\***

**Do up to and including count 36 of A, then do Tag 2.**

**B\***

**When going from B into A or Tag 1 you change the last step of B, make a Touch with R instead of Step Together, weight on L ready to start A or Tag 1.**

**Contact: jessica.bostrom@hotmail.com**

**Please do not alter this step sheet in anyway.**

**Last Update - 15th Dec. 2015**