

One of Us (CBA 2021)

Count: 30

Wand: 2

Ebene: Improver

Choreograf/in: Mark Furnell (UK) & Chris Godden (UK) - January 2021

Musik: One of Us - ABBA



Intro: 16 Counts. Start on vocal at approx 37 secs.

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.

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.