

One

Choreographer: Amy Brockmann & Junior Willis
Description: 32 count, 4 wall, beg/int line dance
Music: **One** by The Bee Gees 109 bpm
High Cotton by Alabama

Beats / Step Description

TRIPLE STEP, ROCK STEP, ¼ TURN, SAILOR STEP, SAILOR STEP

- 1&2 Step left to left side, touch right next to left, step left to left side
- 3-4 Step right across in front of left, recover on left
- 5&6 Sweep right foot behind left and step, making a ¼ turn to the right, step left slightly out to left, step right next to left
- 7&8 Step left behind right, step right slightly out to right, step left next to right

WIZARD STEP RIGHT, WIZARD LEFT, ½ TURN, STEP, STEP, HOLD

- 1-2& Step right forward, lock left behind right, step right forward
- 3-4& Step left forward, lock right behind left, step left forward
- 5-6 Step right forward, pivot ½ turn to left, placing weight on left
- &7-8 Out right, out left, hold (with a clap)

SHAKE, SHAKE, ROCK, RECOVER, SAILOR WITH ¼ TURN RIGHT

- 1&2 Step right out to right and shake your hips, right-left-right
- 3&4 Step left out to left and shake your hips, left-right-left
- 5-6 Side rock right, recover left
- 7&8 Sweep right foot behind left and step, making a ¼ turn to the right, step left slightly out to left, step right next to left

STEP, POINT, STEP, POINT, JAZZ BOX ¼ TURN LEFT

- 1-2 Step forward on left, point and touch right out to right
- 3-4 Step forward on right, point and touch left out to left
- 5-6 Cross step left over right, step slightly back on right
- 7-8 Step left next to right (making a ¼ turn left), cross right over left

Smile and Begin Again