

# One of Us (CBA 2021)

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Count: 30

Wall: 2

Level: Improver

Choreographer: Mark Furnell (UK) & Chris Godden (UK) - January 2021

Music: One of Us - ABBA

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**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.**