



One of Us



Suggested Music: "One of Us" **Artist:** Guy Sebastian **Album:** Madness
Choreographer: Colleen Archer, Charters Towers, Queensland, Australia Phone: 07 47872467
Intro: 24 counts, start on the word "why" **SP.** Weight on R **Date:** 31st December, 2014
Track time: 4.45 mins, 48 count, 4 wall, 1 restart, 1 tag, Int. level **BPM:** 144 "For... Tiahna"
email: luckystrikedance@bigpond.com Version: 1 Rotation: ¼ clockwise



- TWINKLE, FWD, TOUCH, HOLD**
1, 2, 3 Step L across R, Rock step R to right side, Recover L
4, 5, 6 Step R forward in front of L, Touch L toe out to left side, Hold (12)
- BEHIND, SIDE, ACROSS, SIDE, HOLD, REC**
1, 2, 3 # Step L behind R, Step R to right side, Step L across R (restart)
4, 5, 6 Rock step R to right side swaying hips right, Hold, Recover L (12)
- BEHIND, ROCK SIDE, REC, TOUCH, SLOW UNWIND**
1, 2, 3 ## Step R behind L, Rock step L to left side, Recover R (add finish)
4, 5, 6 Touch L toe back, Slowly unwind ½ left taking weight onto L (6)
- WALTZ FWD, FWD, SLOW HITCH**
1, 2, 3 Step R forward, Step L beside R, Step R beside L
4, 5, 6 Step L forward, Slowly hitch R knee (6)
- BACK, TOG, FWD, FWD, SLOW ¼ PADDLE**
1, 2, 3 Step R back, Step L beside R, Step R forward
4, 5, 6 Step L forward, Slow ¼ turn right taking weight onto R (9)
- ACROSS, ¼ TURN, ¼ TURN, FWD, DRAG, TOUCH**
1, 2, 3 Step L across R, Turn ¼ left & step R back, Turn ¼ left & step L to left side
4, 5, 6 Step R forward to 45° left, Drag L forward, Touch L behind R (3)
- BACK, FULL TURN, SIDE, DRAG, TOUCH**
1, 2, 3 Step L back, Turn ¼ right & step R forward, Turn ½ right & step L back
4, 5, 6 Turn ¼ right & step R to right side, Drag L toward R, Touch L beside R (3)
- SIDE, ROCK BACK, REC, FWD, DRAG, TOUCH**
1, 2, 3 Step L to left side, Rock step R behind L, Recover L
4, 5, 6 Step R forward to 45° right, Drag L forward, Touch L beside R (3)
- Begin again.....
- RESTART: #** Wall 5, dance first 9 counts....
1, 2, 3 Step R to right side, Drag L toward R, Touch L beside R
Begin wall 6 facing 12 o'clock.
- TAG:** On completion of Wall 10...now facing 3 o'clock wall and keeping weight on R,
Hold for 6 counts.... On the word "one"
1, 2, 3 Rock step L to left side swaying hips left, Hold, Recover R
Begin dance again on the word "stronger".
- FINISH: ##** Wall 14, when music stops on the word "us"...keep dancing first 15 counts at *slightly slower pace*, Step L forward and slowly drag R forward to touch beside L.

Dance may be copied and distributed provided original steps remain unchanged.