

Two for One

Choreographed by: Amy Brockmann

Email: amybrockmann@hotmail.com

Music: One by The Bee Gees

BPM: 109

Album: Bee Gees – Their Greatest Hits The Record
32 count intro start on lyrics

Music: Walking In High Cotton by Alabama BPM: 91
24 count intro

Intro: 32 counts 32 Count Pattern Partner Dance

This is adapted from the Line Dance called One by Junior Willis and Amy Brockmann

* For Pattern Partner Dance you will be Right side by side (Man on the inside) and on the same footwork throughout the dance

1-8: Triple step, rock step, coaster step, triple step

1&2 Triple step L, R, L
3-4 Step forward R, recover on L
5&6 Coaster Step R, L, R
7&8 Triple Step L, R, L

8-16: Wizard Step R, wizard L, ½ turn, step, step, hold

1-2& Step R forward, lock L behind R, step R forward
3-4& Step L forward, lock R behind L, step L forward
5-6 Step R forward, pivot ½ turn to L, placing weight on L*
7-8 Step R forward, pivot ½ turn to L, placing weight on L*

*** You will drop the left hand and then bring the right hand over the Ladies head**

17-24: Shake, Shake, Rock, Recover, Sailor Step

1&2 Step R out to R and shake your hips, R-L-R
3&4 Step L out to L and shake your hips, L-R-L
5-6 Side Rock R, recover L
7&8 Sailor Step R, L, R

25-32: Step, Point, Step, Point, Jazz Box

1-2 Step forward on L, point and touch R out to R
3-4 Step forward on R, point and touch L out to L
5-6 Cross step L over R, step slightly back on R
7-8 Step L next to R, Step R next to L

Begin again.....

