

# One

Choreographed by: Junior Willis  
Amy Brockmann

Email: [LnDncer@aol.com](mailto:LnDncer@aol.com)  
Email: [amybrockmann@hotmail.com](mailto:amybrockmann@hotmail.com)  
BPM: 109

Music: One by The Bee Gees  
Album: Greatest Hits  
32 count intro start on lyrics

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

Intro: 32 counts 32 Count Easy Intermediate Line Dance

## **1-8: Triple step, rock step, ¼ turn, sailor step, sailor step**

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

## **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 next to L, step L next to R, HOLD (with a clap)

## **17-24: Shake, Shake, Rock, Recover, Sailor w/ ¼ turn**

- 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 Rock R out to R, recover on the L
- 7&8 Sweep R foot behind L and step, making a ¼ turn to the right, step L slightly out to L, step R next to L

## **25-32: Step, Point, Step, Point, Jazz Box ¼ turn L**

- 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 (making a ¼ turn L), cross R over L

Variation on steps 7-8 Step L next to R (making a ¼ turn L), step R next to L

**Begin again.....**