

One

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Music: One by The Bee Gees BPM: 109, 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, ¼turn, 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 ¼turn 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, ¼turn, 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 ¼turn 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/ ¼turn

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 ¼turn to the right, step L slightly out to L, step R next to L

25-32: Step, Point, Step, Point, Jazz Box ¼turn 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 ¼turn L), cross R over L

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

Begin again.....