

## **"One & One & One"**

**Choreographer: Marie Sprensen (Sunshine Cowgirl) Denmark - November 2013**

**4 Wall - High Beginner - 32 Counts**

**Music: "One & One & One" By Adam Harvey**

**Album : Workin` Overtime**

**Music: [www.itunes.com](http://www.itunes.com)**

**Intro: 32 Counts**

**No tags, no restart !**

### **SWAY, SWAY, SHUFFLE, SWAY, SWAY, SHUFFLE**

1-2 Sway left, sway right

3&4 Step fwd. right, step left next to right, step fwd. right

5-6 Sway left, sway right

7&8 Step fwd. left, step right next to left, step fwd. left (12:00)

### **ROCK, RECOVER, CHASSE 1/4 TURN RIGHT, CROSS, BACK, CHASSE LEFT**

1-2 Rock fwd. right, recover

3&4 ¼ turn right, step right to right side, step left next to right, step right to right side

5-6 Cross left over right, step back on right

7&8 Step left to left side, step right next to left, step left to left side (03:00)

### **CROSS, POINT, CROSS, POINT, CROSS, BACK, COASTER STEP**

1-2 Cross right over left, point left to left side

3-4 Cross left over right, point right to right side

5-6 Cross right over left, step back on left

7&8 Step back on right, step left next to right, step fwd. on right(03:00)

### **STEP ½ TURN RIGHT, SHUFFLE FWD. LEFT, ROCKIN CHAIR**

1-2 Step fwd. left, ½ turn right (Weight on right)

3&4 Step fwd. left, step right next to left, step fwd. left

5-6 Rock fwd. right, recover

7-8 Rock back right, recover (09:00)

**NOTE: Thanks for this suggest, this dance is dedicated to The Chieftains in Stein/Netherlands.**

**Have Fun!**

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