

# One & One & One

**Count:** 32**Wall:** 4**Level:** High Beginner**Choreographer:** Marie Sørensen (Sunshine Cowgirl) Dk – Nov 2013**Music:** "One & One & One" by Adam Harvey. Album: Workin` Overtime (iTunes)**Intro: 32 Counts - No tags, no restart !****SWAY, SWAY, SHUFFLE, SWAY, SWAY, SHUFFLE**

1-2 Sway right, sway left  
 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 suggestion, this dance is dedicated to The Chieftains in Stein/Netherlands.****Have Fun!****Contact: [sunshinecowgirl1960@gmail.com](mailto:sunshinecowgirl1960@gmail.com)**