

ONE IS ONE

Music: Nick MacKenzie
[www.amazon.com/One is one \(1973\) / Vinyl single](http://www.amazon.com/One is one (1973) / Vinyl single)

Time 3:47 Available from choreographer

Rhythm: Two Step Phase: III
Footwork: Opposite except where (Noted)

Release Date: May 21

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Sequence: **INTRO ABCD ABCD A(1-11) END**



INTRO

01-03 BFLY POS WALL LEAD FOOT FREE WAIT 3 MEASURES ; ; ;
{Wait} BFLY POS WALL ld ft free wt 3 meas ; ; ;

04-05 APART POINT twd PTR ; TOGETHER TOUCH to BFLY ;
{Apt & Pt twd Ptr} [SS] Apt L, -, pt R twd ptr, -; {Together & Tch to BFLY} [SS] Fwd R, -, tch L to BFLY WALL, -;

PART A

01-04 FACE to FACE ; BACK to BACK ; BASKETBALL TURN ; ;
{Fc to Fc} Sd L, cl R, sd L trn LF ½ to BK-TO-BK, -; {Bk to Bk} Sd R, cl L, sd R trng RF 3/8 to BFLY, -; {Basketball Trn to CP} [SS;SS] Relg hnds fwd L w/ lun action trng ¼ RF, -, rec R trng ¼ RF to SD-BY-SD RLOD, -; Fwd L w/ lun action trng ¼ RF, -, rec R trng ½ RF to CP WALL, -;

05-08 QUICK VINE 4 ; PIVOT 2 ; TWO TURNING TWO'S ; ;
{Qk Vine 4} [QQQQ] Sd L, XRib (*W XLib*), sd L, XRif (*W XLif*) ; {Pivot 2} [SS] Sd & bk L comm a RF pivot, -, fwd & sd R cont RF trn to CP WALL, -; {2 Trng Two's} Sd L stg RF trn, cl R, bk L compg ½ RF trn, -; Sd R contg RF trn, cl L, fwd R contg RF trn to CP WALL, -;

09-12 TRAVELING BOX w/ W 1 TWIRL ; ; ; ;
{Traveling Box w/ W 1 Twirl} Sd L, cl R, fwd L, -; [SS] Twds RLOD fwd R, -, raisg jnd ld hnds fwd L (*W twds RLOD fwd L*, -, trng 3/4 LF under jnd ld hnds fwd R), -; Trng to CP WALL sd R, cl L, bk R, -; [SS] Blend to SCP LOD fwd L, -, fwd R, -;

13-16 HALF A BOX ; SCISSOR THRU ; CIRCLE BOX ; ;
{Half a Box} Blend to CP Sd L, cl R, fwd L, -; {Scissor Thru} Sd R, cl L, XRif (*W XLif*) to SCP LOD, -; {Circle Box} Sd L to CP raisg ld hnds, cl R, fwd L, -; Sd R, cl L, bk R (*W RF trn under jnd ld hnds fwd R, L, R, -; L, R, L*) to BFLY WALL, -;

PART B

01-04 FACE to FACE ; BACK to BACK ON AROUND ; BACK HITCH ; SCISSOR THRU ;
{Fc to Fc} Sd L, cl R, sd L trn ½ LF to BK-TO-BK, -; {Bk to Bk On Around} Sd R, cl L, bk R trn ¼ LF to LOP RLOD, -; {Bk Hitch 3} Bk L, cl R, fwd L, -; {Scissor Thru} Fwd R trng ¼ LF to fc ptr, cl L, XRif (*W XLif*) to SCP LOD, -;

05-08 HITCH 4 ; WALK & FACE to BFLY ; TWIRL /VINE 2 ; WALK & PICK UP ;
{Hitch 4} In SCP [QQQQ] Fwd L, cl R, bk L, cl R; {Walk & Fc to BFLY} [SS] Fwd L, -, fwd R trng RF to BFLY WALL, -; {Twirl /Vine 2} [SS] Raisg jnd ld hnds fwd L, -, fwd R (*W twrl RF undr jnd ld hnds R, -, L*) to SCP WALL, -; {Walk & Pick Up} [SS] Fwd L, -, sm fwd R ldg W in frt (*W fwd R, -, trng LF fwd L & swvl LF ifo M on ball of L-ft*) to PU in CP LOD, -;

09-12 SCISSOR SCAR & WALK 2 ; ; SCISSOR BJO & WALK 2 to BJO & Checking ; ;
{Scissor SCAR & Walk 2 to BJO} Sd L, cl R, XRif to SCAR DLW, -; [SS] Fwd L, -, R, -; {Scissor BJO & Walk 2 Chkg} Sd R, cl L, XLif to BJO DLC, -; [SS] Fwd L, -, R to BJO & checkg, -;

13-16 FISHTAIL ; WALK & FACE to BFLY ; SLOW OP VINE 4 ; ;
{Fishtail} [QQQQ] XLib, sd R, sd & fwd L, lk Rib; {Walk & Fc to BFLY} Repeat meas 6 Part B; {Slow OP Vine 4} [SS;SS] Sd L, -, XRib (*W XLib*) to LOP RLOD, -; Sd L to fc ptr, -, XRif (*W XLif*) to BFLY WALL, -;

PART C

01-04 VINE 2 & FACE to FACE ; ; VINE 2 & BACK to BACK ; ;

{Vine 2 & Fc to Fc} [SS] Sd L, -, XRib (*W XLib*), -; Sd L, cl R, trng 3/8 LF, sd & fwd L to almost BK-TO-BK, -; {Vine 2 & Bk to Bk} [SS] Sd R, -, XLib (*XRib*), -; Sd R, cl L, trng 3/8 RF sd & fwd R to BFLY WALL, -;

05-08 LACE UP to BFLY ; ; ; ;

{Lace Up to BFLY} Trvlg twd DLW bhd & arnd W raisg ld hnds fwd L, cl R, fwd L (*W travels twd DLC undr jnd ld hnds*), -; in LOP LOD fwd R, cl L, fwd R, -; relg ld hnds & jng trl hnds & trvlg twd DLC bhd & arnd W fwd L, cl R, fwd L (*W travels twd DLW undr jnd trl hnds*) to OP LOD, -; Fwd R, cl L, fwd R trn to fc ptr & BFLY WALL, -;

09-12 VINE 2 & FACE to FACE ; ; VINE 2 & BACK to BACK ; ;

{Vine 2 & Fc to Fc} Repeat meas 1,2 Part C ; ; {Vine 2 & Bk to Bk} Repeat meas 3,4 Part C ; ;

13-16 TRAVELING DOORS ; ; ; ;

{Traveling Doors} [SS] Rk sd L, -, rec R, -; XLif (*W XRif*), sd R, XLif (*W XRif*), -; [SS] Rk sd R, -, rec L, -; XRif (*W XLif*), sd L, XRif (*W XLif*) & blend to SCP LOD, -;

PART D

01-05 ROCK the BOAT ; 2 FORWARD TWO's ; ; DOUBLE HITCH to CP WALL ; ;

{Rock the Boat} [SS] Fwd L w/ straight leg leang fwd, -, w/ rkg motion & relaxed knees cl R leang bwd to SCP LOD, -; {2 Fwd Two's} Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R to SCP LOD, -; {DBL Hitch to CP WALL} Fwd L, cl R, bk L, -; Bk R, cl L, fwd R trng to fc & CP WALL, -;

06-09 BROKEN BOX to BFLY ; ; ; ;

{Broken Box} Sd L, cl R, fwd L, -; [SS] Rk fwd R, -, rec L, -; Sd R, cl L, bk R, -; [SS] Rk bk L, -, rec R to BFLY WALL, -;

10-12 TWIRL /VINE 2 ; ROCK the BOAT ; WALK & FACE to CP ;

{Twirl/Vine 2} Repeat meas 7 Part B ; {Rock the Boat} Repeat meas 1 Part D ; {Walk & Fc to CP} Repeat meas 14 Part B to CP WALL ;

13-16 STROLLING VINE ; ; ; ;

{Strolling Vine} [SS] Sd L, -, XRib (*W XLif*), -; Sd L, cl R, sd L trng 1/2 LF to COH, -; [SS] Sd R, -, XLib (*W XRif*), -; Sd R, -, cl L, sd R trng 1/2 RF to CP WALL, -;

17-20 2 TURNING TWO's ; ; CUT BACK TWICE ; DIP BACK & RECOVER to BFLY ;

{2 Trng Two's} Repeat meas 7,8 Part A to SCP LOD ; ; {Cut Bk x 2} [QQQQ] XLif (*W XRif*), bk R, XLif (*W XRif*), bk R; {Dip Bk & Rec to BFLY WALL} [SS] Rk bk L lowerg into soft knee, -, rec R trng to BFLY WALL, -;

ENDING

01 STEP APART & POINT TWD PTR ;

{Apt & Pt twd Ptr} [SS] Apt L, -, pt twd ptr, -;