

One Night At A Time

Count: 64

Wand: 4

Ebene:

Choreograf/in: Carl Sullivan (AUS)

Musik: One Night At a Time - George Strait



MOVING FORWARD AT 45 DEGREES ANGLE,

Angle body so right shoulder is pointing to right corner

- &1 Step left across in front of right, small step right to right side
2 Step left across in front of right
3-4 Step right to right side pushing right hip right, pivot $\frac{1}{4}$ turn left
5&6 Shuffle forward right-left-right
7-8 Step left forward, pivot $\frac{1}{2}$ turn right weight on right (shoulder facing right corner)
- 1&2 Triple step left-right-left in place turning $\frac{3}{4}$ turn right
3-4 Step right back, rock forward onto left (shoulders facing left corner)
5&6 Shuffle forward right-left-right at 45 degrees left
7-8 Step left forward, pivot $\frac{1}{2}$ turn right
- 1&2 Triple step in place turning 225 degrees right
3-4 Step right back, rock forward onto left (shoulders facing original wall)
5&6 Shuffle forward right-left-right
7-8 Step left forward, rock back onto right
- 1&2 Shuffle back left-right-left
3-4 Step right back, rock forward onto left
5-8 Step right forward, pivot $\frac{1}{2}$ turn left, step right forward . Pivot $\frac{1}{2}$ turn left

FORWARD SAILOR SHUFFLES

- 1&2 Step right in front & slightly across left, step left to left side, replace weight on right
3&4 Step left in front & slightly across right, step right to right side, replace weight on left
5-6 Step right forward, pivot $\frac{1}{2}$ turn left, weight on right
7&8 Shuffle left-right-left to left side

BACK SAILOR SHUFFLES

- 1&2 Step right behind & slightly across left, step left to left side, replace weight on right
3&4 Step left behind & slightly across right, step right to right side, replace weight on left
5-6 Step right forward, pivot $\frac{1}{2}$ turn left, weight on right
7&8 Shuffle left-right-left to left side
- 1-2 Step right back at 45 degrees right, drag left heel beside right
3&4 Shuffle left-right-left back at 45 degrees left
5-6 Step right back at 45 degrees right, drag left heel beside right
7&8 Shuffle left-right-left back at 45 degrees left
- &1-2 Step /rock back on right as left foot floats forward (just of floor), step down on left
3-4 Step /rock forward onto right, rock back onto left
&5-6 Step /rock back on right as left foot floats forward (just of floor), step down on left
7&8 Step forward onto right turning $\frac{1}{4}$ turn left, touch left beside right

REPEAT

