

One Step At A Time

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Bill Larson (AUS)

Musik: One Night At a Time - George Strait



VINE RIGHT TOUCH, HEEL TAPS LEFT TOGETHER, RIGHT TOGETHER

- 1-2 Step right to side, step left behind right
- 3-4 Step right to side, touch left beside right
- 5-6 Tap left heel forward at 45 degrees left, step left beside right
- 7-8 Tap right heel forward at 45 degrees right, step right beside left

VINE LEFT TURN TOGETHER, HEEL TAPS LEFT TOGETHER, RIGHT TOGETHER

- 1-2 Step left to side, step right behind left
- 3-4 Step left to side with $\frac{1}{4}$ turn left, touch right beside left
- 5-6 Tap right heel forward at 45 degrees right, step right beside left
- 7-8 Tap left heel forward at 45 degrees left, step left beside right

WALK FORWARD RIGHT, LEFT, RIGHT KICK, WALK BACK LEFT, RIGHT, LEFT SIDE

- 1-4 Walk forward right, left, right, kick left forward
- 5-8 Walk back left, right, left step right to side

BUMP HIPS LEFT, RIGHT, LEFT HOLD, RIGHT, LEFT, RIGHT, LEFT

- 1-4 Bump hips left, right, left, hold
- 5-8 Step right to side bumping hips right, left, right, left

REPEAT

OPTIONAL CLAPS:

In sections 1 & 2 add claps on counts 2 (double clap) and 4 (single clap). It should then go, step (1), clap clap (2), step (3), clap (4) on the vines both right and left
