

One Step Ahead

Count: 48

Wand: 2

Ebene: Intermediate

Choreograf/in: Sandy Kerrigan (AUS) & Travis Taylor (AUS) - May 2014

Musik: Teach Me How to Be Loved - Rebecca Ferguson : (Album: Heaven)



Back, Back, Behind Side Cross, Side Together Cross, Side Behind 1/4, Side Together Cross

- 1-2 Step back on R sweeping L around, Step back on L sweeping R around
- 3&4 Step R behind L, Step L to L side, Cross R over L
- &5& Step L to L side, Step R together, Cross L over R
- 6&7 Step R to R side, Step L behind R, 1/4 R Step R fwd
- &8& 1/4 R Step L to L side, Step R together, Cross L over R

Side, Behind, 1/4, 1/4, Sailor 1/4 R, Step Lock Step & Lock Step, Step R to R side dragging L

- 2&3 Step L behind R, 1/4 R Step R fwd, 1/4 R Step L to L side (12:00)
- 4&5 Step R behind L, 1/4 R Step L together, Step R forward (3:00)
- 6&7&8& Step L fwd, Lock R behind L, Step L fwd, Step R fwd, Lock L behind R, Step Fwd R

Pivot 1/2, 1/4, Back Rock, Side, Back Rock, Side, Back, Back, Behind, Side, Fwd

- 1&2 Step L fwd, Pivot 1/2 R weight on R, 1/4 R Step L to L side (12:00)
- 3&4& Rock back on R (3), Replace weight L (&), Step R to R side (4), Rock back on L (&)
- 5& Replace/Cross R over L, Step L to L side,
- 6-7 Step R back sweeping L around, Step back L sweeping R around
- 8&1 Step R behind L, Step L to L, Step fwd R

Pivot 1/4 Cross, 1/4, 1/4, Cross Rock/Replace & Cross, Side, Behind, Side

- 2&3 ****T/R**** Step L fwd, Pivot 1/4 turn R weight on R, Cross L over R
- 4&5 1/4 L Step R back, 1/4 L Step L to L side, Cross Rock R over L
- 6&7& Replace weight on L, Step R to R side, Cross L over R, Step R to R side
- 8 Step L behind R *****T/R*****,
- &1 Step R to R side, Cross Rock L over R

Cross Rock/Replace & Cross, Side, Behind, 1/4, 1/2 Sweep, Behind & Step, Lock &

- 2&3& Replace weight on R, Step L to L side, Cross R over L, Step L to L side
- 4&5 Step R behind L, 1/4 L Step L fwd, 1/2 L Step R back sweeping L around
- 6&7 Step L behind R, Step R to R side, Step forward on L 45 dragging R behind L
- 8& Lock R behind L, Step L fwd [*R*]

Rock/Replace, 1/2, Point, 1/4 & 1/4 & 1/4, 1/4 Cross, Cross, Rock/Replace

- 1&2& Rock R fwd, Replace weight L, 1/2 R Step R fwd, Touch L to L side
- 3&4 (Run Around 3/4 L) 1/4 L Step Fwd L, 1/4 L Step R around, 1/4 L Cross R over L
- &5 1/4 L Ball Cross R-L (Bring Ball of R to R side, Cross L over R (6:00))
- 6-7 Cross Walk R over L, and L over R
- 8& Rock R fwd, Replace weight on L

There are 3 Restarts in this dance

R Restart 1 will be during Wall 2, Restart on Count 40

****R**** Tag/Restart 2 will be during Wall 4, On Count 26&, Just add the following

- 2&3 Step L fwd, Pivot 1/2 R taking weight on R, Step L fwd
- 4& Rock R fwd, Replace weight on L

*****R***** Tag/Restart 3 will be during Wall 5, On Count 32, Just add the following

- 8&1 Step L behind R, 1/4 R Step R fwd, Step L fwd Dragging up to R waiting for music

Sandy Kerrigan - 0412 723 326 - www.kerrigan.com.au
Travis Taylor - 0435 810 914 - www.travvyt.wix.com/dance
