

# Quitting One Thing at a Time

**COPPER KNOB**  
STEPPERS

**Count:** 32

**Wall:** 4

**Level:** High Beginner

**Choreographer:** Cowboy Ron (USA) & Heidi Moon (USA) - April 2023

**Music:** One Thing At A Time - Morgan Wallen



**Intro: starts 32 counts in**

**No Tags, No restart**

## **SIDE ROCK RECOVER, CROSSING SHUFFLE, ½ TURN, CROSSING SHUFFLE.**

1-2 rock R to right side (1), recover on L (2)  
3&4 cross R over L (3), step L to left side (&), cross R over L (4)  
5-6 ¼ turn right, stepping back on L (5), ¼ right, stepping R next to L (6)  
7&8 cross L over R (7), step R to right side (&), cross L over R (8)

## **SIDE ROCK RECOVER, CROSSING SHUFFLE, ½ TURN, CROSSING SHUFFLE.**

1-2 rock R to right side (1), recover on L (2)  
3&4 cross R over L (3), step L to left side (&), cross R over L (4)  
5-6 ¼ turn right, stepping back on L (5), ¼ right, stepping R next to L (6)  
7&8 cross L over R (7), step R to right side (&), cross L over R (8)

## **SIDE ROCK RECOVER, SAILOR, ¼ TURN SAILOR, ½ PIVOT.**

1-2 rock R to right side (1), recover on L (2)  
3&4 step R behind L (3), step L to left side (&), step R to right side (4)  
5&6 turn ¼ left, stepping L behind R (5), step R to right side (&), step L to left side (6)  
7-8 step R forward (7), pivot ½ left, shifting weight to the L (8)

## **KICK, KICK, COASTER STEP X2**

1-2 kick R foot forward(1), kick R foot side (2)  
3&4 step R back (3), step L beside R (&), step forward R (4)  
5-6 kick L foot forward (5), kick L foot side (6)  
7&8 step L back (7), step R beside L (&), step forward L (8)

**REPEAT**

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