

One Step At A Time

COPPER KNOB
BY STEPHENETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: David Spencer (UK) - April 2008

Music: One Step At a Time - Jordin Sparks : (CD: One Step At A Time)



(20 count intro - including opening footsteps) - Start on vocals

Side Step. 2 Walks Forward. Step 1/2 Pivot Step Forward. 1/2 turn, Step back.

Right Coaster.

- 1 Step R to R side.
- 2 - 3 Walk forward L. Walk forward R.
- 4&5 Step forward on L. Pivot 1/2 turn R. Step forward on L.
- 6 - 7 Make 1/2 turn L stepping back on R. Step back on L.
- 8&1 R coaster step. [12.00]

Step Pivot 1/4 Turn Right. Weave Right. Right Sailor. Cross Behind.

- 2 - 3 Step forward on L. Pivot 1/4 turn R.
- 4 - 5 Cross L over R, . Step R to R side.
- 6 Cross L behind R while sweeping R to R side.
- 7&8& R sailor step. Cross L behind R. [3.00]

****RESTARTS here during WALL 4 (facing 12.00), and WALL 9 (facing 3.00) after she's hit the high note!****

Side Step. 2 Walks Forward. Step 1/2 Pivot Step Forward. 2 Walks Forward. Step 1/2 Pivot Step Forward.

- 1 Step R to R side.
- 2 - 3 Turning to R diagonal Walk forward L. Walk forward R.
- 4&5 Step forward on L. Pivot 1/2 turn R. Step forward on L.
- 6 - 7 Staying on R diagonal Walk forward R. Walk forward L.
- 8&1 Step forward on R. Pivot 1/2 turn L. Step forward on R. [4.30]

Left Forward Rock. Chasse 1/4 Turn Left. Step Pivot 3/4 Turn Left. Chasse Right.

- 2 - 3 Staying on R diagonal Rock forward L over R (to 4.30). Recover back on R.
- 4&5 (Squaring up to 3.00) Step L to L side, Close R next to L, 1/4 turn L forward on L .
- 6 - 7 Step forward on R. Pivot 3/4 turn L.
- 8& Step R to R side. Close L next to R. [3.00]

Start Again

OPTIONAL ENDING (To finish facing front wall)

Music finishes at end of wall 11 (facing 9.00) then there are 8 counts of footsteps

- 1-2-3 Walk forward R - L - R
- 4-5 Step forward L, pivot 1/4 turn R
- 6-7-8 Walk forward L - R - L