

Step at a Time

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Sawina (INA) - February 2023

Musique: One Step At a Time - Jordin Sparks



Intro. : 16 C

Section 1 - STEP LOCK DIAGONAL - FORWARD DIAGONAL SHUFFLE (R/L)

- 1 2 Step R Diagonal forward, Step L Lock behind R
- 3&4. Step R diagonal forward, Step L behind R, step R diagonal Forward
- 5 6 Step L Diagonal Forward, step R Lock behind L
- 7&8 Step L diagonal forward, step R behind L, step L diagonal forward

Section 2 - FORWARD TOUCH - SIDE TOUCH - SAILOR STEP - CROSS SIDE - SAILOR STEP TURN 1/4

- 1 2. Step R forward touch , Step R side Touch
- 3&4 Step R cross back over L, step L side R, step R in place
- 5 6 Step L cross over R, step R beside L
- 7&8 Turn 1/4 sailor L, step R together L, step L forward (09.00)

Section 3 - SKATE R/L - FORWARD SHUFFLE - ROCK FORWARD - RECOVER - FULL TURN L

- 1 2 Skate R diagonal forward, skate L diagonal forward
- 3&4. Step R forward, lock L forward behind R, Step R forward
- 5 6. Step L Forward, recover R,
- 7 8. turn 1/2 L stepping forward L, turn 1/2 L stepping slightly back on R

Section 4 - 1/4 TURN L SIDE - ROCK BACK R - GRAPEVINE - BRUSH

- 1 2 1/4 turn L step L to L side , cross behind R over L (06.00)
- 3 4 Recover on L, Step R to L side
- 5 6 cross L behind R, Step R to L side
- 7 8 Cross L over R, Brush R diagonal forward

Restart :

On wall 4 & 9 after 16 c changes step (7 & 8 sailor turn 1/2 L, R together L, step R forward - weight on L)

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