

One Quarter At A Time

Compte: 40

Mur: 4

Niveau: Beginner two step



Chorégraphe: Teri Rogers (USA)

Musique: One Quarter At A Time - The Randy Anderson Band

FORWARD TOE STRUT, FORWARD TOE STRUT, ROCK FORWARD, RECOVER, SHUFFLE BACK

- 1-2 Step forward on right toe, drop right heel
- 3-4 Step forward on left toe, drop left heel
- 5-6 Rock forward on the right foot, rock back on the left foot
- 7&8 Shuffle back right, left, right

BACK TOE STRUT, BACK TOE STRUT, ROCK BACK, RECOVER, SHUFFLE FORWARD

- 1-2 Step back on left toe, drop left heel
- 3-4 Step back on right toe, drop right heel
- 5-6 Rock back on left foot, rock forward on right
- 7&8 Shuffle forward left, right, left

ROCK FORWARD AND BACK ¼ TURNING SHUFFLE RIGHT, WEAVE RIGHT

- 1-2 Rock forward on right, rock back on left foot
- 3&4 Turn ¼ right as you shuffle right, left, right
- 5-6 Cross step left foot over right foot, step right to right side
- 7-8 Step left foot behind right, step right to right side

CROSS ROCK, SHUFFLE, WEAVE LEFT

- 1-2 Cross rock left foot over right, rock back on left
- 3&4 Shuffle to left, right, left to left side
- 5-6 Cross step right foot over left, left out to left side
- 7-8 Cross step right foot behind left, step left out to left side

TWO ¼ MONTEREY TURNS RIGHT

- 1-2 Point right foot out to right side, turn ¼ right on ball of left stepping right together (right foot takes weight)
- 3-4 Step left to left side, step left together (weight on left)
- 5-6 Point right foot out to right side, turn ¼ right on ball of left stepping right together (right foot takes weight)
- 7-8 Step left to left side, step left together (weight on left)

REPEAT
