

# One Beat At A Time

**COPPER** KNOB  
STEPPERS

**Compte:** 32

**Mur:** 4

**Niveau:** Easy Intermediate

**Chorégraphe:** Alex Robb (UK) - June 2012

**Musique:** One Beat At a Time - Steve Holy : (CD: Blue Moon - iTunes)



**Count in:** 32 counts from heavy beat. (Approx. 22 secs. Just before vocals.)

## **Sec 1: R Mambo Fwd, L Coaster Step, Rumba Box**

1&2 Rock fwd on R, Recover on L, Step back on R  
3&4 Step back on L, Step R next to L, Step fwd on L  
5&6 Step R to R side, Close L next to R, Step back on R  
7&8 Step L to L side, Close R next to L, Step fwd on L

## **Sec 2: Cross Rock, Side Rock, Back Rock ¼ Turn R Lock Step, Step Half Step**

1&2& Rock R over L, Recover on L, Rock R to R side, Recover on L,  
3&4 Rock back on R, Recover on L, Turn ¼ R stepping fwd on R  
5&6 Step fwd L, Lock R behind L, Step fwd L  
7&8 Step fwd on R, Turn ½ L (weight on L) Step fwd on R

## **Sec 3: Run Fwd turning ¼ turn L, Walk Fwd X 2, Run RLR & Mambo Fwd**

1&2 Turning a ¼ turn L run fwd LRL,  
3,4 Step fwd on R, Step fwd on L  
5&6& Run fwd RLR & step L next to R \*\*\*Restart on walls 2 & 4 \*\*\*  
7&8 Rock fwd on R, Recover on L, Step back on R

## **Sec 4: Sailor ¼ L, Cross Shuffle, L Scissor Cross, Side Rock, Back Rock**

1&2 Turn ¼ L sweeping L behind R, Step R to R side, Step L to L side  
2&4 Cross R over L, Close L next to R, Cross R over L  
5&6 Step L to L side, Close R next to L, Cross L over R  
7&8& Rock R to R side, Recover on L, Rock back on R, Recover on L

**Begin dance again**

**Restarts: -**

**Wall 2 Dance up to counts 22&( facing 9 o clock ) Begin again**

**Wall 4 Dance up to counts 22&( facing 6 o clock) Begin again**

**Tag: End of wall 5 ( 9 o clock) & wall 7 ( 3 o clock)**

**Tag: Rock, Recover, Behind, Side, Cross, Recover, Behind, Side, Fwd**

1,2 Rock R to R side, Recover on L  
3&4 Step R behind L, Step L to L side, Cross R over L  
5,6 Rock L to L side, Recover on R  
7&8 Step L behind R, Step R to R side, Step fwd on L

**Ending: After wall 8: R Mambo fwd, Sailor ½ Turn L, Step fwd R,L**

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