

# One Day At A Time

**COPPER KNOB**  
STEPPERS

拍数: 48                      墙数: 2                      级数: Improver waltz  
编舞者: Willy Sharp (AUS) - April 2020  
音乐: One Day At a Time - Cristy Lane



**Intro Start on the word " I'm only human"**

## **FWD, SLOW SWEEP, FWD, SLOW SWEEP**

1-2-3                      Step fwd R, slow sweep L round for two counts  
1-2-3                      Step fwd L, slow sweep R round for two counts

## **FWD WALTZ, BACK LOCK BACK**

1-2-3                      Step fwd R, step together L, step together R  
1-2-3                      Step back L, step across R, step back L

## **BACK LOCK BACK, BACK WALTZ**

1-2-3                      Step back R, step across L, step back R  
1-2-3                      Step back L, step together R, step together L

## **R TWINKLE, L TWINKLE 1/4**

1-2-3                      Cross R over L, step L to left side, step R to right side  
1-2-3                      Cross L over R, 1/4 turn left step back on R, step L to left side (9.00)

## **R TWINKLE, L TWINKLE 1/4**

1-2-3                      Cross R over L, step L to left side, step R to right side  
1-2-3                      Cross L over R, 1/4 turn left step back on R, step L to left side (6.00)

## **WEAVE ACROSS SIDE BEHIND, SIDE DRAG**

1-2-3                      Step R across L, step L to side, step R behind L  
1-2-3                      Step L to side, slow drag R to left instep 2 beats

## **FULL ROLL RIGHT, LEFT HALF PIVOT**

1-2-3                      Step R 1/4 Right, step L 1/2 back Right, step R 1/4 Right (6.00)  
1-2-3                      Step L fwd, step R fwd, 1/2 pivot left (weight on L)

## **RIGHT HALF PIVOT, LEFT FULL TURN (or option fwd waltz)**

1-2-3                      Step R fwd, step L fwd, 1/2 pivot right (weight on R) (6.00)  
1-2-3                      Step L fwd, R turn 1/2 turn left, L turn 1/2 left (6.00)

**Restart dance in new direction**

## **TAG AT END OF WALLS 3 & 4, 6 & 7**

1-2-3                      Rock Step R fwd, hold two beats  
1-2-3                      Rock Replace weight to L hold two beats (restart dance)

**I choreographed this beautiful waltz to give us hope through this very difficult time in the world while we all fight the terrible coronavirus. LOVE TO EVERYONE - Willy Sharp Buckles n' Lace Bootscooters**

Contact: [w.sharp6@bigpond.com](mailto:w.sharp6@bigpond.com)

Benalla, Australia - 0437 329 698 - <https://bucklesnlacebootscooters.weebly.com>