

One Day At A Time

COPPERKNOB
STEPSHEETS

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

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