

Step at a Time

拍数: 32 墙数: 2 级数: Improver
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音乐: 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 tepping 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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