

Quitting One Thing at a Time

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Cowboy Ron (USA) & Heidi Moon (USA) - April 2023
音乐: One Thing At A Time - Morgan Wallen



Intro: starts 32 counts in
No Tags, No restart

SIDE ROCK RECOVER, CROSSING SHUFFLE, ½ TURN, CROSSING SHUFFLE.

1-2 rock R to right side (1), recover on L (2)
3&4 cross R over L (3), step L to left side (&), cross R over L (4)
5-6 ¼ turn right, stepping back on L (5), ¼ right, stepping R next to L (6)
7&8 cross L over R (7), step R to right side (&), cross L over R (8)

SIDE ROCK RECOVER, CROSSING SHUFFLE, ½ TURN, CROSSING SHUFFLE.

1-2 rock R to right side (1), recover on L (2)
3&4 cross R over L (3), step L to left side (&), cross R over L (4)
5-6 ¼ turn right, stepping back on L (5), ¼ right, stepping R next to L (6)
7&8 cross L over R (7), step R to right side (&), cross L over R (8)

SIDE ROCK RECOVER, SAILOR, ¼ TURN SAILOR, ½ PIVOT.

1-2 rock R to right side (1), recover on L (2)
3&4 step R behind L (3), step L to left side (&), step R to right side (4)
5&6 turn ¼ left, stepping L behind R (5), step R to right side (&), step L to left side (6)
7-8 step R forward (7), pivot ½ left, shifting weight to the L (8)

KICK, KICK, COASTER STEP X2

1-2 kick R foot forward(1), kick R foot side (2)
3&4 step R back (3), step L beside R (&), step forward R (4)
5-6 kick L foot forward (5), kick L foot side (6)
7&8 step L back (7), step R beside L (&), step forward L (8)

REPEAT

Contact: dancingwiththecowboy@gmail.com