

# One Day At A Time

**COPPERKNOB**  
STEPSHEETS

拍数: 56      墙数: 4      级数: Intermediate  
编舞者: Alan Birchall (UK)  
音乐: One Day At A Time - Eagles



## LEFT JAZZ BOX CROSS, ½ TURN, CROSS SHUFFLE

1-2            Cross left over right, step back on right  
3-4            Step left toe left, cross right over left  
5-6            Making ¼ turn right step back on left, making ¼ turn right step right to right  
7&8            Cross left over right, step right to right, cross left over right

## ROCK RECOVER, RIGHT SAILOR STEP, CROSS UNWIND, STEP ½ PIVOT

9-10            Rock right to right, recover on left  
11&12            Cross right behind left, step left to left, step right in place  
13-14            Cross left behind right, unwind ¾ turn right (3:00)  
15-16            Step forward on right, ½ pivot left (9:00)

## DOROTHY STEPS, ROCK, RECOVER ¼ TURN

17-18            Step forward on right to right diagonal, lock left behind right  
&                Step forward on right  
19-20            Step forward on left to left diagonal, lock right behind  
&                Step forward on left to left diagonal  
21-22            Rock forward on right, recover on left making ¼ turn right (6:00)

## SIDE SHUFFLE, CROSS, POINT, CROSS POINT, CROSS UNWIND, FORWARD SHUFFLE

23&24            Step right to right, step left by right, step right to right  
25-26            Cross left over right, point to right  
27-28            Cross right over left, point left to left  
29-30            Cross left over right, unwind ½ turn right (12:00)  
31&32            Step forward on right, step left by right, step forward on right

## ROCK, RECOVER, WALK BACK, TOUCH, SHUFFLE

33-34            Rock forward on left, recover on right  
35-36            Step back on left, step back on right  
37-38            Step back on left, tap right in front of left (bowing head at same time)  
39-40            Step forward on right, step left by right, step forward on right

## FULL TURN, SHUFFLE, ¼ MONTEREY TURN, TOUCH, CROSS

41-42            Make ½ turn right stepping back on left, make ½ turn right stepping forward on right  
43&44            Step forward on left, step right by left, step forward on left  
45-46            Touch right to right, making ¼ turn right step right by left (3:00)  
47-48            Touch left to left, cross left over right

## SIDE SHUFFLE, CROSS ROCK, RECOVER, DIAGONAL BACK SHUFFLE

49&50            Step right to right, step left by right, step right to right  
51-52            Cross rock left over right, recover on right  
53&54            Step diagonally back on left, step right by left, step diagonally back on left  
55-56            Cross right behind left, unwind ½ turn right (9:00)

## CROSS ROCK, RECOVER, FULL TRIPLE TURN LEFT, CROSS ROCK, RECOVER, FULL TRIPLE TURN RIGHT

57-58 Cross rock left over right, recover on right  
59&60 Making  $\frac{1}{4}$  left step forward on left, making  $\frac{1}{2}$  turn right step back on right, making  $\frac{1}{4}$  turn right step left to left (alternative side shuffle)  
61-62 Cross rock right over left, recover on left  
63&64 Making  $\frac{1}{4}$  turn right step forward on right, making  $\frac{1}{2}$  turn right step back on left, making  $\frac{1}{4}$  turn right step right to right (alternative side shuffle)

**REPEAT**

---