

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
