

# Back At One

**COPPER KNOB**  
STEPSHEETS

拍数: 72      墙数: 2      级数: Intermediate nightclub  
编舞者: Roy Thompson (UK)  
音乐: Back At One - Shayne Ward



Start after 1 beat (on vocals), starting on count 2 of the dance. This is a very quick start

## STEP, STEP ½ PIVOT, ¼ SIDE, BEHIND SIDE CROSS, SWAY, BEHIND ¼ FORWARD SIDE

Remember: start wall 1 on step 2 of the dance

- 1-2&      Step forward on right, step left forward, pivot ½ turn right
- 3      ¼ turn right stepping left to left side
- 4&5      Step right behind left, step left to left side, step right across left
- 6-7      Step left to left side swaying left, sway right
- 8&1      Step left behind right, ¼ turn right stepping forward on right, step left to left side

## BEHIND SIDE, CROSS UNWIND, BACK RECOVER SIDE, BACK RECOVER SIDE SIDE, BACK RECOVER SIDE

- 2&      Step right behind left, step left to left side
- 3      Cross right over left unwind ½ turn (weight on right)
- 4&5      Rock back on left, recover on right, step left to left side
- 6&7&      Rock back on right, recover on left, step right to right side, step left to left side
- 8&1      Rock back on right, recover on left, step right to right side

## CROSS SIDE CROSS RECOVER, EXTENDED WEAVE ¼ TURN, STEP ½ PIVOT STEP

- 2&      Cross left over right, step right to right side
- 3-4      Cross left over right, recover on right
- 5&6&7      Step left to left side, cross right over left, step left to left side, step right behind left, ¼ turn left stepping forward on left
- 8&8      Step forward on right, pivot ¼ turn left, step forward on right

## WALK, FORWARD TOGETHER, BACK LOCK BACK, BACK ROCK RECOVER, STEP LOCK STEP, BACK RECOVER

- 1-2&      Step forward on left, step forward on right, step left next to right
- 3-4&      Step back on right, lock left over right, step back on right
- 5-6      Rock back on left, recover on right
- 7&8      Step forward on left, lock right behind left, step forward on left
- &1      Rock back on right, recover on left

Restart point

## BACK, SAILOR ½ TURN, SWAY RIGHT LEFT, FORWARD SHUFFLE

- 2&      Step back on right, sweep left from front to back
- 3&4      Step left behind right, ¼ turn left stepping right to right side, ¼ turn left stepping forward on left
- 5-6      Step right to right side swaying right, replace weight on left swaying left
- 7&8      Step forward on right, step left next to right, step forward on right

## STEP ¼ PIVOT, CROSS, SIDE ROCK RECOVER CROSS, LEFT CHASSE, COASTER STEP, TOGETHER

- &1-2      Step forward on left, ¼ pivot right, cross left over right
- 3&4      Rock right to right side, recover on left, cross right over left
- 5&6      Step left to left side, step right next to left, step left to left side
- 7&8&      Step back on right, step left next to right, step forward on right, step left next to right

**FORWARD ROCK RECOVER ½ TURN, ¼ SIDE, SIDE, CROSS ¼ BACK SIDE, STEP LOCK STEP, STEP**

- 1-2& Rock forward on right, recover on left, ½ turn right stepping forward on right
- 3-4 ¼ turn right stepping left to left side, step right to right side
- 5&6 Cross left over right, ¼ turn left stepping back on right, step left to left side
- 7&8& Step forward on right, lock left behind right, step forward on right, step forward on left

**CROSS SIDE BEHIND, SIDE BACK ROCK RECOVER, SIDE BEHIND ¼ FORWARD, SPIRAL, FORWARD**

- 1-2& Cross right over left, step left to left side, step right behind left
- 3&4 Step left to left side, rock back on right, recover on left
- 5-6& Step right to right side, step left behind right, ¼ turn right stepping forward on right
- 7-8 Stepping forward on left spiral full turn over right, rock forward on right

**RECOVER, COASTER STEP, TOUCH, LEFT ROLLING VINE, TOUCH, SIDE TOGETHER, STEP LOCK**

- 1-2 Recover on left, step back on right
- &3-4 Step left next to right, step forward on right, touch left next to right
- 5&6& ¼ turn left step left forward, ½ turn left step back on right, ¼ turn left step left to left side, touch right next to left
- 7& Step right to right side, step left next to right
- 8& Step forward on right, lock left behind right

**Step 1 of the dance completes the step lock step**

**REPEAT**

**TAG**

**At end of wall 1 (the first step of the tag completes the step lock step)**

**BACK, ROCK BACK, RECOVER, FORWARD**

- 1-2-3-4 Step forward on right, step back on left, rock back on right, recover on left

**RESTART**

**On wall 3 after 33 counts, restart dance (count for restart should be 7 & 8 & 9 restart)**

---