

One Step At A Time

COPPERKNOB
STEPMATS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: One Step At a Time - Jordin Sparks : (CD: One Step At A Time)



(20 count intro - including opening footsteps) - Start on vocals

**Side Step. 2 Walks Forward. Step 1/2 Pivot Step Forward. 1/2 turn, Step back.
Right Coaster.**

1 Step R to R side.
2 - 3 Walk forward L. Walk forward R.
4&5 Step forward on L. Pivot 1/2 turn R. Step forward on L.
6 - 7 Make 1/2 turn L stepping back on R. Step back on L.
8&1 R coaster step. [12.00]

Step Pivot 1/4 Turn Right. Weave Right. Right Sailor. Cross Behind.

2 - 3 Step forward on L. Pivot 1/4 turn R.
4 - 5 Cross L over R, . Step R to R side.
6 Cross L behind R while sweeping R to R side.
7&8& R sailor step. Cross L behind R. [3.00]

****RESTARTS here during WALL 4 (facing 12.00), and WALL 9 (facing 3.00) after she's hit the high note!****

Side Step. 2 Walks Forward. Step 1/2 Pivot Step Forward. 2 Walks Forward. Step 1/2 Pivot Step Forward.

1 Step R to R side.
2 - 3 Turning to R diagonal Walk forward L. Walk forward R.
4&5 Step forward on L. Pivot 1/2 turn R. Step forward on L.
6 - 7 Staying on R diagonal Walk forward R. Walk forward L.
8&1 Step forward on R. Pivot 1/2 turn L. Step forward on R. [4.30]

Left Forward Rock. Chasse 1/4 Turn Left. Step Pivot 3/4 Turn Left. Chasse Right.

2 - 3 Staying on R diagonal Rock forward L over R (to 4.30). Recover back on R.
4&5 (Squaring up to 3.00) Step L to L side, Close R next to L, 1/4 turn L forward on L .
6 - 7 Step forward on R. Pivot 3/4 turn L.
8& Step R to R side. Close L next to R. [3.00]

Start Again

OPTIONAL ENDING (To finish facing front wall)

Music finishes at end of wall 11 (facing 9.00) then there are 8 counts of footsteps

1-2-3 Walk forward R - L - R
4-5 Step forward L, pivot 1/4 turn R
6-7-8 Walk forward L - R - L