

# One Step

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



## WALK, WALK, ¼ HIP BUMPS & ROLLS

1-2      Step forward right, step forward left  
3-4      Making ¼ left bump hips right twice  
5-6      Bump hips left twice  
7-8      Roll hips to left (weight on left)

## CROSS BEHIND & BALL CROSS FRONT, ¼ STEP FORWARD, ROCK FORWARD, ¼ SHUFFLE SIDE

1&2      Cross right behind left, ball left, cross right over left  
3      Step left forward ¼ left  
4-5      Step forward right, recover back left  
6&7      Step right side ¼ right, slide left to right, step side right

## CROSS ROCK, ½ SHUFFLE, WALK, WALK, CROSS UNWIND ½ LEFT

8-1      Cross left over right, recover back right  
2&3      Step forward left ½ left, slide right to left, step forward left  
4-5      Step forward right, step forward left  
6-7-8      Cross right over left, unwind left ½ turn for 2 beats (weight on left)

## STEP FORWARD RIGHT, TOUCH LEFT, STEP BACK LEFT, TOUCH RIGHT, SHUFFLE BACK, COASTER

1-2      Step forward right, touch left next right  
3-4      Step back left, touch right next left  
5&6      Step back right, slide left next right, step back right  
7&8      Step back left, step together right, step forward left

## REPEAT

RESTARTS: On walls 4 & 9 do the first 16 counts & restart

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