

# One Beat At A Time

COPPERKNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Easy Intermediate  
编舞者: Alex Robb (UK) - June 2012  
音乐: One Beat At a Time - Steve Holy : (CD: Blue Moon - iTunes)



Count in: 32 counts from heavy beat. (Approx. 22 secs. Just before vocals.)

## Sec 1: R Mambo Fwd, L Coaster Step, Rumba Box

1&2                      Rock fwd on R, Recover on L, Step back on R  
3&4                      Step back on L, Step R next to L, Step fwd on L  
5&6                      Step R to R side, Close L next to R, Step back on R  
7&8                      Step L to L side, Close R next to L, Step fwd on L

## Sec 2: Cross Rock, Side Rock, Back Rock ¼ Turn R Lock Step, Step Half Step

1&2&                      Rock R over L, Recover on L, Rock R to R side, Recover on L,  
3&4                      Rock back on R, Recover on L, Turn ¼ R stepping fwd on R  
5&6                      Step fwd L, Lock R behind L, Step fwd L  
7&8                      Step fwd on R, Turn ½ L (weight on L) Step fwd on R

## Sec 3: Run Fwd turning ¼ turn L, Walk Fwd X 2, Run RLR & Mambo Fwd

1&2                      Turning a ¼ turn L run fwd LRL,  
3,4                      Step fwd on R, Step fwd on L  
5&6&                      Run fwd RLR & step L next to R \*\*\*Restart on walls 2 & 4 \*\*\*  
7&8                      Rock fwd on R, Recover on L, Step back on R

## Sec 4: Sailor ¼ L, Cross Shuffle, L Scissor Cross, Side Rock, Back Rock

1&2                      Turn ¼ L sweeping L behind R, Step R to R side, Step L to L side  
2&4                      Cross R over L, Close L next to R, Cross R over L  
5&6                      Step L to L side, Close R next to L, Cross L over R  
7&8&                      Rock R to R side, Recover on L, Rock back on R, Recover on L

Begin dance again

Restarts: -

Wall 2 Dance up to counts 22&( facing 9 o clock ) Begin again

Wall 4 Dance up to counts 22&( facing 6 o clock) Begin again

Tag: End of wall 5 ( 9 o clock) & wall 7 ( 3 o clock)

Tag: Rock, Recover, Behind, Side, Cross, Recover, Behind, Side, Fwd

1,2                      Rock R to R side, Recover on L  
3&4                      Step R behind L, Step L to L side, Cross R over L  
5,6                      Rock L to L side, Recover on R  
7&8                      Step L behind R, Step R to R side, Step fwd on L

Ending: After wall 8: R Mambo fwd, Sailor ½ Turn L, Step fwd R,L

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