

# One Step Ahead

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Sandy Kerrigan (AUS) & Travis Taylor (AUS) - May 2014  
音乐: Teach Me How to Be Loved - Rebecca Ferguson : (Album: Heaven)



## Back, Back, Behind Side Cross, Side Together Cross, Side Behind 1/4, Side Together Cross

1-2      Step back on R sweeping L around, Step back on L sweeping R around  
3&4      Step R behind L, Step L to L side, Cross R over L  
&5&      Step L to L side, Step R together, Cross L over R  
6&7      Step R to R side, Step L behind R, 1/4 R Step R fwd  
&8&      1/4 R Step L to L side, Step R together, Cross L over R

## Side, Behind, 1/4, 1/4, Sailor 1/4 R, Step Lock Step & Lock Step, Step R to R side dragging L

2&3      Step L behind R, 1/4 R Step R fwd, 1/4 R Step L to L side (12:00)  
4&5      Step R behind L, 1/4 R Step L together, Step R forward (3:00)  
6&7&8&      Step L fwd, Lock R behind L, Step L fwd, Step R fwd, Lock L behind R, Step Fwd R

## Pivot 1/2, 1/4, Back Rock, Side, Back Rock, Side, Back, Back, Behind, Side, Fwd

1&2      Step L fwd, Pivot 1/2 R weight on R, 1/4 R Step L to L side (12:00)  
3&4&      Rock back on R (3), Replace weight L (&), Step R to R side (4), Rock back on L (&)  
5&      Replace/Cross R over L, Step L to L side,  
6-7      Step R back sweeping L around, Step back L sweeping R around  
8&1      Step R behind L, Step L to L, Step fwd R

## Pivot 1/4 Cross, 1/4, 1/4, Cross Rock/Replace & Cross, Side, Behind, Side

2&3      \*\*T/R\*\* Step L fwd, Pivot 1/4 turn R weight on R, Cross L over R  
4&5      1/4 L Step R back, 1/4 L Step L to L side, Cross Rock R over L  
6&7&      Replace weight on L, Step R to R side, Cross L over R, Step R to R side  
8      Step L behind R \*\*\*T/R\*\*\*,  
&1      Step R to R side, Cross Rock L over R

## Cross Rock/Replace & Cross, Side, Behind, 1/4, 1/2 Sweep, Behind & Step, Lock &

2&3&      Replace weight on R, Step L to L side, Cross R over L, Step L to L side  
4&5      Step R behind L, 1/4 L Step L fwd, 1/2 L Step R back sweeping L around  
6&7      Step L behind R, Step R to R side, Step forward on L 45 dragging R behind L  
8&      Lock R behind L, Step L fwd [\*R\*]

## Rock/Replace, 1/2, Point, 1/4 & 1/4 & 1/4, 1/4 Cross, Cross, Rock/Replace

1&2&      Rock R fwd, Replace weight L, 1/2 R Step R fwd, Touch L to L side  
3&4      (Run Around 3/4 L) 1/4 L Step Fwd L, 1/4 L Step R around, 1/4 L Cross R over L  
&5      1/4 L Ball Cross R-L (Bring Ball of R to R side, Cross L over R (6:00)  
6-7      Cross Walk R over L, and L over R  
8&      Rock R fwd, Replace weight on L

There are 3 Restarts in this dance

\*R\* Restart 1 will be during Wall 2, Restart on Count 40

\*\*R\*\* Tag/Restart 2 will be during Wall 4, On Count 26&, Just add the following

2&3      Step L fwd, Pivot 1/2 R taking weight on R, Step L fwd  
4&      Rock R fwd, Replace weight on L

\*\*\*R\*\*\* Tag/Restart 3 will be during Wall 5, On Count 32, Just add the following

8&1      Step L behind R, 1/4 R Step R fwd, Step L fwd Dragging up to R waiting for music

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