

One Step at a Time

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Jeffrey Callejo (USA) - February 2019
音樂: One Step At a Time - Jordin Sparks



Choreography Competition - Vegas Dance Explosion 2019 Division 3 First Place

S1: Walk, Walk, ½ Pivot, Syncopated Lock Steps (Dorothy Steps) X2

- 1-2 (1) Step forward right foot, (2) step forward left foot
3-4 (3) step forward right foot, (4) turn ½ left (weight to left)
5-6& (5) Step Right diagonally forward to the right, (6) Cross left behind right, (&) Step right to right side
7-8& (7) Step left diagonally forward to the left, (8) Cross right behind left, (&) Step left to left side

S2: ¼ pivot, Kick Ball Change, Cross & Heel &, Cross & Heel &

- 1-2 (1) Step right forward, (2) ¼ left (weight to left)
3&4 (3) Kick right forward, (&) Step right next to left, (4) Step left in place
5&6& (5) Cross right over left, (&) step left to left side, (6) Tap right heel forward, (&) Step right next to left
7&8& (7) Cross left over right, (&) Step right to right side, (8) Tap left heel forward, & Step left next to right

* Restart here on Walls 4 and 9

S3: ¼ Pivot, Cross Shuffle, Rock Recover, Behind Side Cross

- 1-2 (1) Step forward right foot, (2) turn ¼ left (weight on left)
3&4 (3) cross right over left, (&) step left to left side, (4) cross right over left
5-6 (5) Rock left to left side, (6) Recover on right
7&8 (7) step left behind right, (&) step right to right side, (8) cross left over right

S4: Mambo Right, Mambo Left, ¼ turn left, Kick, Coaster Step

- 1&2 (1) Rock right to right side, (&) Recover on left, (2) Step right forward
3&4 (3) Rock left to left side, (&) Recover on right, (4) Step left forward
5-6 (5) ¼ turn left and step right foot back, (6) Kick left foot forward
7&8 (7) step left foot back, (&) Step right next to left, (8) Step left foot forward

Contact: tjrc@hawaii.rr.com

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