

# One at a Time

拍數: 32      牆數: 4      級數: Improver  
編舞者: Tomiati Walter (IT) - August 2021  
音樂: One at a Time - Jackson Michelson



**Note: Start dancing after 8 counts, No tags and no restarts**

## Section 1: Forward step X 2, Kick & forward step-lock-step, Forward step X 2, Kick & forward step-lock-step

1            Step right forward  
2            Step left forward  
&  
3            Kick right forward  
4            Step right forward  
&  
5            Lock left behind right  
6            Step right forward  
7            Step left forward  
&  
8            Kick left forward  
9            Step left forward  
10          Lock right behind left  
11          Step left forward

## Section 2: ¼ Turn side rock, Together & side chasse, Cross, ¼ Turn back step, ¼ Turn hitch & kick ball cross

1            Make ¼ turn left and step right to right side (facing 9:00)  
2            Recover weight on left  
&  
3            Step right beside left  
4            Step left to left side  
&  
5            Step right beside left  
6            Step left to left side  
7            Cross right over left  
8            Make ¼ turn right and step left back (facing 12:00)  
9            Make ¼ turn right and hitch right knee (facing 3:00)  
10          Kick right diagonally right  
11          Step right beside left  
12          Cross left over right

## Section 3: Side rock, Together & toe-heel-stomp, Step ½ turn, Recover & ½ turn heel swivels

1            Step right to right side  
2            Recover weight on left  
&  
3            Step right beside left  
4            Touch left toe beside right  
&  
5            Touch left heel forward  
6            Stomp left forward  
7            Step right forward  
8            Make ½ turn left (facing 9:00)  
9            Recover weight on right  
10          Swivel heels to left  
11          Swivel heels back into center  
12          Swivel heels to left making ½ turn right (facing 3:00)

## Section 4: Back step X 2, Out-out & in-in, ½ Turn heel grind, Drop toe & side-together-forward

1            Step right back  
2            Step left back

- & Step right to right side
- 3 Step left to left side
- & Step right back into center
- 4 Step left beside right
- 5 Touch right heel forward and make  $\frac{1}{2}$  turn right (facing 9:00)
- 6 Recover weight on left
- & Drop right toe
- 7 Step left to left side
- & Step right beside left
- 8 Step left forward

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Last Choreo. update: 9 August 2021

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