

# Quittin' One Thing

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Carol Cotherman (USA) - April 2023  
音樂: One Thing At A Time - Morgan Wallen



## #32-count intro. No Tags or Restarts!

### Twist, Twist, Heel, Hook, Step, Touch, Step, Hook

- 1-2      Twist/swivel both heels left with knees slightly bent, twist heels back to center straightening legs
- 3-4      Touch right heel forward, hook right over left
- 5-6      Step right slightly forward, touch left behind right
- 7-8      Step left back, hook right over left (or touch right toe in front of left)

**\*Optional snaps – Snap fingers on count 6 at shoulders or above. Swing arms down and back on count 7 and snap fingers on count 8.**

### Step, Lock, Step, Sweep, ¼ Jazz Box Cross

- 1-2      Step right forward, lock left behind right
- 3-4      Step right forward, sweep left from back to front
- 5-6      Step left over right, begin ¼ turn left stepping right back
- 7-8      Finish ¼ turn left stepping left to side, step right over left (9:00)

### Side, Slide, Rock, Recover, ¼ Monterey Turn

- 1-2      Big step to left, slide right towards left
- 3-4      Rock right behind left, recover to left
- 5-6      Point right to side, ¼ turn right stepping right in place
- 7-8      Point left to side, step left in place (12:00)

### ¼ Monterey Turn, Cross, Back, Stomp, Stomp

- 1-2      Point right to side, ¼ turn right stepping right in place
- 3-4      Point left to side, step left in place (3:00)
- 5-6      Cross right over left, step left back
- 7-8      Stomp right in place, stomp left in place, weight on both feet ready for beginning twist.

## Repeat and Enjoy!

**Ending: Final Wall (14) starts facing 3:00. Dance 24 Counts. Add ¼ turn left point right to side and strike a pose!**

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