

# Quitting One Thing at a Time

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Cowboy Ron (USA) & Heidi Moon (USA) - April 2023  
音樂: One Thing At A Time - Morgan Wallen



Intro: starts 32 counts in  
No Tags, No restart

## SIDE ROCK RECOVER, CROSSING SHUFFLE, ½ TURN, CROSSING SHUFFLE.

1-2            rock R to right side (1), recover on L (2)  
3&4            cross R over L (3), step L to left side (&), cross R over L (4)  
5-6            ¼ turn right, stepping back on L (5), ¼ right, stepping R next to L (6)  
7&8            cross L over R (7), step R to right side (&), cross L over R (8)

## SIDE ROCK RECOVER, CROSSING SHUFFLE, ½ TURN, CROSSING SHUFFLE.

1-2            rock R to right side (1), recover on L (2)  
3&4            cross R over L (3), step L to left side (&), cross R over L (4)  
5-6            ¼ turn right, stepping back on L (5), ¼ right, stepping R next to L (6)  
7&8            cross L over R (7), step R to right side (&), cross L over R (8)

## SIDE ROCK RECOVER, SAILOR, ¼ TURN SAILOR, ½ PIVOT.

1-2            rock R to right side (1), recover on L (2)  
3&4            step R behind L (3), step L to left side (&), step R to right side (4)  
5&6            turn ¼ left, stepping L behind R (5), step R to right side (&), step L to left side (6)  
7-8            step R forward (7), pivot ½ left, shifting weight to the L (8)

## KICK, KICK, COASTER STEP X2

1-2            kick R foot forward(1), kick R foot side (2)  
3&4            step R back (3), step L beside R (&), step forward R (4)  
5-6            kick L foot forward (5), kick L foot side (6)  
7&8            step L back (7), step R beside L (&), step forward L (8)

REPEAT

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