

One Thing at a Time

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jennifer Miller (USA) - March 2023
音樂: One Thing At A Time - Morgan Wallen : (Album: One Thing at a Time - iTunes)



Intro: 32 (start on vocals)

K-STEP

1,2 Step RF Forward on a 45 degree, Touch L next to RF
3,4 Step LF back on a 45 degree, Touch RF next to LF
5,6 Step RF back on a 45 degree, Touch LF next to RF
7,8 Step LF Forward on a 45 degree, Step RF next to LF (Weight on both)

HEEL SPLITS (X2), R HEEL (X2), R TOE (X2)

1,2 Split both heels apart, return to center
3,4 Split both heels apart, return to center
5,6 Touch right heel forward twice
7,8 Touch right toe back twice

STEP, ¼ PIVOT LEFT, CROSS SHUFFLE R-L-R, ¼ TURN RIGHT, ½ TURN RIGHT, SHUFFLE FORWARD

1,2 Step RF forward, ¼ pivot left (weight on left)
3&4 Cross RF over LF, Step LF to left, Cross RF over LF
5 Make ¼ turn right stepping forward on RF
6 Make ½ turn right stepping forward on RF
7&8 Step LF forward, Step RF next to LF, Step LF forward

ROCK, RECOVER, R COASTER, ROCK, RECOVER, L COASTER

1,2 Rock RF forward, Recover on LF
3&4 Step RF back, Step LF next to RF, Step RF forward
5,6 Rock LF forward, Recover on RF
7&8 Step LF back, Step RF next to LF, Step LF forward

POINT, CROSS, POINT, CROSS, POINT, CROSS, POINT, STEP

1,2 Touch R toe to right, Cross RF over LF
3,4 Touch L toe to left, Cross LF over RF
5,6 Touch R toe to right, Cross RF over LF
7,8 Touch L toe to left, Step LF next to RF

MONTEREY ¼ TURN R, R ROCKING CHAIR

1,2 Touch R toe to the right, Make a ¼ turn R bringing RF next to LF
3,4 Touch L toe to the left, Step LF next to RF
5,6 Rock RF forward, Recover LF
7,8 Rock RF back, Recover LF

STEP, LOCK, STEP, SCUFF, STEP, LOCK, STEP, SCUFF

1,2 Step RF forward on a 45 degree, Cross LF behind RF
3,4 Step RF on a 45 degree, Scuff LF forward
5,6 Step LF forward on a 45 degree, Cross RF behind LF
7,8 Step LF forward on a 45 degree, Scuff RF forward

JAZZ BOX, STEP, DRAG, STEP, CLAP

1,2 Cross RF over LF, Step LF back

3,4 Step RF slightly right, Cross LF over RF
5,6 Take a big step to the right with RF, Drag LF next to RF
7,8 Step down on LF, Clap your hands (weight stays on LF)
