

# One Night At A Time

COPPER KNOB  
STEPPERS

拍數: 64      牆數: 4      級數:  
編舞者: Carl Sullivan (AUS)  
音樂: One Night At a Time - George Strait



## MOVING FORWARD AT 45 DEGREES ANGLE,

Angle body so right shoulder is pointing to right corner

&1            Step left across in front of right, small step right to right side  
2            Step left across in front of right  
3-4          Step right to right side pushing right hip right, pivot ¼ turn left  
5&6          Shuffle forward right-left-right  
7-8          Step left forward, pivot ½ turn right weight on right (shoulder facing right corner)

1&2          Triple step left-right-left in place turning ¾ turn right  
3-4          Step right back, rock forward onto left (shoulders facing left corner)  
5&6          Shuffle forward right-left-right at 45 degrees left  
7-8          Step left forward, pivot ½ turn right

1&2          Triple step in place turning 225 degrees right  
3-4          Step right back, rock forward onto left (shoulders facing original wall)  
5&6          Shuffle forward right-left-right  
7-8          Step left forward, rock back onto right

1&2          Shuffle back left-right-left  
3-4          Step right back, rock forward onto left  
5-8          Step right forward, pivot ½ turn left, step right forward . Pivot ½ turn left

## FORWARD SAILOR SHUFFLES

1&2          Step right in front & slightly across left, step left to left side, replace weight on right  
3&4          Step left in front & slightly across right, step right to right side, replace weight on left  
5-6          Step right forward, pivot ½ turn left, weight on right  
7&8          Shuffle left-right-left to left side

## BACK SAILOR SHUFFLES

1&2          Step right behind & slightly across left, step left to left side, replace weight on right  
3&4          Step left behind & slightly across right, step right to right side, replace weight on left  
5-6          Step right forward, pivot ½ turn left, weight on right  
7&8          Shuffle left-right-left to left side

1-2          Step right back at 45 degrees right, drag left heel beside right  
3&4          Shuffle left-right-left back at 45 degrees left  
5-6          Step right back at 45 degrees right, drag left heel beside right  
7&8          Shuffle left-right-left back at 45 degrees left

&1-2          Step /rock back on right as left foot floats forward (just of floor), step down on left  
3-4          Step /rock forward onto right, rock back onto left  
&5-6          Step /rock back on right as left foot floats forward (just of floor), step down on left  
7&8          Step forward onto right turning ¼ turn left, touch left beside right

REPEAT

