

# One Step

拍數: 0      牆數: 4      級數: Advanced  
編舞者: Double D (UK)  
音樂: One Step Closer - S Club Juniors



Sequence: A B (hold for 2 counts) A B C B B (end on section B count 32, replace triple half turn with coaster step)

## SECTION A

### SIDE BEHIND AND HEEL AND CROSS, SIDE BEHIND AND HEEL AND CROSS

1-2            Step right to right side, cross left behind right  
&3&4        Step right, point left heel to left side, step left next to right, cross right over left  
5-6           Step left to left side, cross right behind left  
&7&8        Step left, point right heel to right side, step right next to left, cross left over right

### STEP LOCK SHUFFLE, PIVOT ½ TURN, TRIPLE ½ TURN

9-10         Step forward right, lock left behind right  
11&12       Step forward right, step left next to right, step forward right  
13-14       Step forward left pivot ½ turn over right shoulder  
15&16       Continue turning right ½ turn stepping left, right, left

### ROCK BACK FORWARD, AND LEFT RIGHT LEFT, ROCK FORWARD BACK, TRIPLE ½ TURN

17-18       Rock back onto right step forward on left  
&19&20      Step right next to left, step forward left, step right next to left, step forward left  
21-22       Rock forward right step back left  
23&24       Triple ½ turn over right shoulder stepping right, left, right

### ROCK FORWARD BACK, COASTER CROSS

25-26       Rock forward left back right  
27&28       Step back left, step right beside left, cross left over right  
  
29-54       Repeat steps 1-26  
55&56       Step back left, step right beside left, step forward left

## SECTION B

### STEP LOCK SHUFFLE, STEP LOCK SHUFFLE

1-2           Step forward right, lock left behind right  
3&4           Step forward right, step left beside right, step forward right  
5-6           Step forward left, lock right behind left  
7&8           Step forward left, step right beside left, step forward left

### SYNCOPATED GRAPEVINE TO THE RIGHT, ROCK SIDE RECOVER

9-10         Step right to right side, cross left behind right  
&11-12      Step right to right side, cross left over right, step right to right side  
13&14       Cross left behind right, step right to right side, cross left over right  
15-16       Rock right to right side, recover weight to left

### CROSS ¼, TRIPLE ½, ¼ TURN CROSS SHUFFLE

17-18       Cross right over left, ¼ turn to right stepping back on left  
19&20       Continue turning over right shoulder stepping back right, left, right  
21-22       Step forward left pivot ¼ turn right  
23&24       Cross left over right, step right to right side, cross left over right

## **ROCK RECOVER, COASTER STEP, ROCK RECOVER, TRIPLE ½ TURN**

- 25-26 Rock right to right side recover weight onto left  
27&28 Step back right, step left next to right, step forward right  
29-30 Rock forward left recover weight onto right  
31&32 Triple ½ turn over left shoulder stepping left, right, left

## **STEP KICK, AND CROSS TOUCH, CROSS UNWIND HIP HIP**

- 33-34 Step forward right kick left  
&35-36 Step back left, cross right over left, touch left toes to left side  
37-38 Cross left over right, unwind ½ turn over right shoulder  
39-40 Bump hips right, left

## **KICK AND OUT, KICK AND OUT, SWIVEL HEELS ¼ TURN, BODY ROLL**

- 41&42 Kick right forward, step right next to left, touch left toe to left side  
43&44 Kick left forward, step left next to right, touch right toe to right side  
45&46 Swivel heels left, right, left making a ¼ turn to the right  
47-48 Body roll (alternative: bending knees dip down and up)

## **SECTION C**

### **RIGHT GRAPEVINE, LEFT GRAPEVINE ¼ TURN**

- 1-4 Step right to right side, cross left behind right, step right to right side, touch left next to right  
5-8 Step left to left side, cross right behind left, step left to left side, scuff right making ¼ turn to left

### **WALK BACK, WALK FORWARD ¼ TURN**

- 9-12 Walk back right, left right, touch left next to right  
13-16 Walk forward left, right, left, scuff right ¼ turn to left

### **RIGHT GRAPEVINE, LEFT GRAPEVINE ¼ TURN**

- 17-20 Step right to right side, cross left behind right, step right to right side, touch left next to right  
21-24 Step left to left side, cross right behind left, step left to left side, scuff right making ¼ turn to left

### **WALK FORWARD KICK, WALK BACK**

- 25-28 Walk forward right, left, right, kick left  
29-32 Walk back left, right, left, touch right next to left

### **HEEL SWITCHES, CLAP CLAP, HEEL SWITCHES, CLAP CLAP**

- 33&34& Touch right heel forward, step right in place, touch left heel forward, step left in place  
35&36 Touch right heel forward, clap hands twice  
&37&38 Step right foot in place, touch left heel forward, step left foot in place, touch right heel forward  
&39&40 Step right foot in place, touch left heel forward, clap hands twice

### **PIVOT ½ TURN, PIVOT ½ TURN, RIGHT SAILOR, LEFT SAILOR**

- &41-42 Step left foot in place, step forward right ½ pivot turn over left shoulder  
43-44 Step forward right ½ pivot turn over left shoulder  
45&46 Cross right behind left, step left to left side, step right to right side  
47&48 Cross left behind right, step right to right side, step left to left side

### **HEEL SWITCHES, CLAP CLAP, HEEL SWITCHES, CLAP CLAP**

- 49&50& Touch right heel forward, step right in place, touch left heel forward, step left in place  
51&52 Touch right heel forward, clap hands twice  
&53&54 Step right foot in place, touch left heel forward, step left foot in place, touch right heel forward  
&55&56 Step right foot in place, touch left heel forward, clap hands twice

