

# One Step At A Time

**COPPER KNOB**  
STEPSHETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Bill Larson (AUS)  
音樂: One Night At a Time - George Strait



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## VINE RIGHT TOUCH, HEEL TAPS LEFT TOGETHER, RIGHT TOGETHER

1-2      Step right to side, step left behind right  
3-4      Step right to side, touch left beside right  
5-6      Tap left heel forward at 45 degrees left, step left beside right  
7-8      Tap right heel forward at 45 degrees right, step right beside left

## VINE LEFT TURN TOGETHER, HEEL TAPS LEFT TOGETHER, RIGHT TOGETHER

1-2      Step left to side, step right behind left  
3-4      Step left to side with ¼ turn left, touch right beside left  
5-6      Tap right heel forward at 45 degrees right, step right beside left  
7-8      Tap left heel forward at 45 degrees left, step left beside right

## WALK FORWARD RIGHT, LEFT, RIGHT KICK, WALK BACK LEFT, RIGHT, LEFT SIDE

1-4      Walk forward right, left, right, kick left forward  
5-8      Walk back left, right, left step right to side

## BUMP HIPS LEFT, RIGHT, LEFT HOLD, RIGHT, LEFT, RIGHT, LEFT

1-4      Bump hips left, right, left, hold  
5-8      Step right to side bumping hips right, left, right, left

## REPEAT

## OPTIONAL CLAPS:

In sections 1 & 2 add claps on counts 2 (double clap) and 4 (single clap). It should then go, step (1), clap clap (2), step (3), clap (4) on the vines both right and left

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