

# One Step At A Time

**COPPER** KNOB  
STEPMATS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Dan Morrison (CAN) - February 2008  
音樂: One Step At A Time - Brenda Lee



**Intro: 8 Counts- Start on Lyrics**

**RESTART:** During 5th wall (front wall), do the first 32 counts. (Step L beside R for the & count), then start again.

## **Cross-Steps, Rock-Step, 1/4 R Step**

1-2            Step R over L (1) Hold and snap fingers (2)  
3-4            Step L over R (3) Hold and snap fingers (4)  
5-6            Step R over L (5) Step L in place (6)  
7-8            1/4 R Step R forward (7) Hold and snap fingers (8) [3 o'clock]

## **Cross-Steps, Rock-Step, 1/2 L Step**

1-2            Step L over R (1) Hold and snap fingers (2)  
3-4            Step R over L (3) Hold and snap fingers (4)  
5-6            Step L over R (5) Step R in place (6)  
7-8            1/2 turn L Step L forward (7) Hold and snap fingers (8) [9 o'clock]

## **R Step-Lock-Step, L Scuff, L Step-Lock-Step, R Scuff**

1-4            Step R forward (1) Step L behind R (2) Step R forward (3) Scuff L beside R (4)  
5-8            Step L forward (5) Step R behind L (6) Step L forward (7) Scuff R beside L (8)

## **Turn 1/4 Pivot, 3 Cross-Points**

1-2            Step R forward (1) 1/4 Pivot L (2) [6 o'clock ]  
3-4            Step R over L (3) Point L side L (4)  
5-6            Step L over R (5) Point R side R (6)  
7-8            Step R over L (7) Point L side L (8)

**(RESTART- DURING 5TH WALL)**

## **Rock-Step-Step, Rock-Step, Walk, Walk, Scuff**

1-3            Step L forward (1) Step R in place (2) Step L back (3)  
4-5            Step R back (4) Step L in place (5)  
6-8            Step R forward (6) Step L forward (7) Scuff R beside L (8)

## **Strut-Cross-Box**

1-2            Touch R toe over L (1) Step down on R (2)  
3-4            Touch L toe back (3) Step down on L (4)  
5-6            Touch R toe side R (5) Step down on R (6)  
7-8            Touch L toe forward (7) Step down on L (8)

**Ending for dance:** Dance upto the R Step-Lock-Step, L Scuff. Then Step L forward, 1/4 Pivot R, Step L over R, to finish on front wall.

**HAVE FUN AND ENJOY**