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| One Step Ahead |  |

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| . |
| **Count:** | 48 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Sandy Kerrigan (AUS) & Travis Taylor (AUS) - May 2014 |
| **Music:** | Teach Me How to Be Loved - Rebecca Ferguson : (Album: Heaven) |
| . |

**Back, Back, Behind Side Cross, Side Together Cross, Side Behind 1/4, Side Together Cross**

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| --- | --- |
| 1-2 | Step back on R sweeping L around, Step back on L sweeping R around |

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| --- | --- |
| 3&4 | Step R behind L, Step L to L side, Cross R over L |

|  |  |
| --- | --- |
| &5& | Step L to L side, Step R together, Cross L over R |

|  |  |
| --- | --- |
| 6&7 | Step R to R side, Step L behind R, 1/4 R Step R fwd |

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| --- | --- |
| &8& | 1/4 R Step L to L side, Step R together, Cross L over R |

**Side, Behind, 1/4, 1/4, Sailor 1/4 R, Step Lock Step & Lock Step, Step R to R side dragging L**

|  |  |
| --- | --- |
| 2&3 | Step L behind R, 1/4 R Step R fwd, 1/4 R Step L to L side (12:00) |

|  |  |
| --- | --- |
| 4&5 | Step R behind L, 1/4 R Step L together, Step R forward (3:00) |

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| --- | --- |
| 6&7&8& | Step L fwd, Lock R behind L, Step L fwd, Step R fwd, Lock L behind R, Step Fwd R |

**Pivot 1/2, 1/4, Back Rock, Side, Back Rock, Side, Back, Back, Behind, Side, Fwd**

|  |  |
| --- | --- |
| 1&2 | Step L fwd, Pivot 1/2 R weight on R, 1/4 R Step L to L side (12:00) |

|  |  |
| --- | --- |
| 3&4& | Rock back on R (3), Replace weight L (&), Step R to R side (4), Rock back on L (&) |

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| --- | --- |
| 5& | Replace/Cross R over L, Step L to L side, |

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| 6-7 | Step R back sweeping L around, Step back L sweeping R around |

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| 8&1 | Step R behind L, Step L to L, Step fwd R |

**Pivot 1/4 Cross, 1/4, 1/4, Cross Rock/Replace & Cross, Side, Behind, Side**

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| --- | --- |
| 2&3 | \*\*T/R\*\* Step L fwd, Pivot ¼ turn R weight on R, Cross L over R |

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| --- | --- |
| 4&5 | 1/4 L Step R back, 1/4 L Step L to L side, Cross Rock R over L |

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| --- | --- |
| 6&7& | Replace weight on L, Step R to R side, Cross L over R, Step R to R side |

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| 8 | Step L behind R \*\*\*T/R\*\*\*, |

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| --- | --- |
| &1 | Step R to R side, Cross Rock L over R |

**Cross Rock/Replace & Cross, Side, Behind,1/4, 1/2 Sweep, Behind & Step, Lock &**

|  |  |
| --- | --- |
| 2&3& | Replace weight on R, Step L to L side, Cross R over L, Step L to L side |

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| --- | --- |
| 4&5 | Step R behind L, 1/4 L Step L fwd, 1/2 L Step R back sweeping L around |

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| 6&7 | Step L behind R, Step R to R side, Step forward on L 45 dragging R behind L |

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| --- | --- |
| 8& | Lock R behind L, Step L fwd [\*R\*] |

**Rock/Replace, 1/2, Point, 1/4 & 1/4 & 1/4, ¼ Cross, Cross, Rock/Replace**

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| --- | --- |
| 1&2& | Rock R fwd, Replace weight L, 1/2 R Step R fwd, Touch L to L side |

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| --- | --- |
| 3&4 | (Run Around 3/4 L) 1/4 L Step Fwd L, 1/4 L Step R around, 1/4 L Cross R over L |

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| --- | --- |
| &5 | 1/4 L Ball Cross R-L (Bring Ball of R to R side, Cross L over R (6:00) |

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| --- | --- |
| 6-7 | Cross Walk R over L, and L over R |

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| --- | --- |
| 8& | Rock R fwd, Replace weight on L |

**There are 3 Restarts in this dance**

**\*R\* Restart 1 will be during Wall 2, Restart on Count 40**

**\*\*R\*\* Tag/Restart 2 will be during Wall 4, On Count 26&, Just add the following**

|  |  |
| --- | --- |
| 2&3 | Step L fwd, Pivot 1/2 R taking weight on R, Step L fwd |

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| --- | --- |
| 4& | Rock R fwd, Replace weight on L |

**\*\*\*R\*\*\* Tag/Restart 3 will be during Wall 5, On Count 32, Just add the following**

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| --- | --- |
| 8&1 | Step L behind R, 1/4 R Step R fwd, Step L fwd Dragging up to R waiting for music |

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