One Beat At A Time

Count: 32  Wall: 4  Level: Easy Intermediate
Choreographer: Alex Robb (June 2012)
Music: One Beat at a Time by Steve Holy. CD: Blue Moon (iTunes)

Count in: 32 counts from heavy beat. (Approx. 22 secs. Just before vocals.)

Sec 1: R Mambo Fwd, L Coaster Step, Rumba Box
1&2  Rock fwd on R, Recover on L, Step back on R
3&4  Step back on L, Step R next to L, Step fwd on L
5&6  Step R to R side, Close L next to R, Step back on R
7&8  Step L to L side, Close R next to L, Step fwd on L

Sec 2: Cross Rock, Side Rock, Back Rock ¼ Turn R Lock Step, Step Half Step
1&2&  Rock R over L, Recover on L, Rock R to R side, Recover on L,
3&4  Rock back on R, Recover on L, Turn ¼ R stepping fwd on R
5&6  Step fwd L, Lock R behind L, Step fwd L
7&8  Step fwd on R, Turn ½ L (weight on L) Step fwd on R

Sec 3: Run Fwd turning ¼ turn L, Walk Fwd X 2, Run RLR & Mambo Fwd
1&2  Turning a ¼ turn L run fwd LRL,
3,4  Step fwd on R, Step fwd on L
5&6&  Run fwd RLR & step L next to R ***Restart on walls 2 & 4 ***
7&8  Rock fwd on R, Recover on L, Step back on R

Sec 4: Sailor ¼ L, Cross Shuffle, L Scissor Cross, Side Rock, Back Rock
1&2  Turn ¼ L sweeping L behind R, Step R to R side, Step L to L side
2&4  Cross R over L, Close L next to R, Cross R over L
5&6  Step L to L side, Close R next to L, Cross L over R
7&8&  Rock R to R side, Recover on L, Rock back on R, Recover on L

Begin dance again

Restarts:
Wall 2 Dance up to counts 22&( facing 9 o clock ) Begin again
Wall 4 Dance up to counts 22&( facing 6 o clock) Begin again

Tag: End of wall 5 (9 o clock) & wall 7 (3 o clock)
Tag: Rock, Recover, Behind, Side, Cross, Recover, Behind, Side, Fwd
1,2  Rock R to R side, Recover on L
3&4  Step R behind L, Step L to L side, Cross R over L
5,6  Rock L to L side, Recover on R
7&8  Step L behind R, Step R to R side, Step fwd on L

Ending: After wall 8: R Mambo fwd, Sailor ½ Turn L, Step fwd R,L

Contact: m.robb2@hotmail.co.uk