

One Way Or Another

COPPER KNOB
BY STEPHENETS

Count: 32

Wall: 2

Level: Beginner Cha Cha

Choreographer: Adrian Helliker (FR) - July 2015

Music: One Way or Another - Dave Sheriff : (Album: Undecided)



Intro: 32 counts

[1-8] STEP SIDE R, TOGETHER, SHUFFLE SIDE R, CROSS ROCK, SHUFFLE L WITH ¼ TURN

- 1-2 Step right to right side, step left beside right
- 3&4 Step right to right side, close left beside right, step right to right side
- 5-6 Cross rock left over right, recover on right
- 7&8 Step left to left side turning ¼ left, step right beside left, step forward left

[9-16] RIGHT FORWARD ROCK & RECOVER, CHA CHA RIGHT IN PLACE, LEFT BACK ROCK & RECOVER LEFT CHA CHA IN PLACE

- 1-2 Rock right forward, recover onto left
- 3&4 Cha cha in place stepping (Right-Left-Right)
- 5-6 Rock back on left, recover onto right
- 7&8 Cha cha in place stepping (Left-Right-Left)

[17-24] SIDE, BEHIND, ¼ TURN RIGHT, SHUFFLE, ½ TURN RIGHT, SHUFFLE

- 1-2 Step right to right side, left behind right
- 3&4 Step right to right with ¼ turn to right, left lock behind right, right forward
- 5-6 Step left forward making ½ turn right on right foot
- 7&8 Left foot forward, lock right behind left, left forward taking weight on left

[25-32] SHUFFLE FORWARD RIGHT, ROCK & RECOVER, SHUFFLE LEFT BACK, ROCK & RECOVER

- 1&2 Step Right forward, Left beside Right, Step Right forward
 - 3-4 Rock left forward, Recover on right
 - 5&6 Step Left back, Right beside Left, Step Left back
 - 7-8 Rock Right back, Recover on Left
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