

# One Day At A Time

**COPPER** KNOB  
STEPSHEETS

拍数: 56      墙数: 4      级数: Intermediate  
编舞者: Alan Birchall (UK)  
音乐: One Day At A Time - Eagles



## LEFT JAZZ BOX CROSS, ½ TURN, CROSS SHUFFLE

1-2      Cross left over right, step back on right  
3-4      Step left toe left, cross right over left  
5-6      Making ¼ turn right step back on left, making ¼ turn right step right to right  
7&8      Cross left over right, step right to right, cross left over right

## ROCK RECOVER, RIGHT SAILOR STEP, CROSS UNWIND, STEP ½ PIVOT

9-10      Rock right to right, recover on left  
11&12      Cross right behind left, step left to left, step right in place  
13-14      Cross left behind right, unwind ¾ turn right (3:00)  
15-16      Step forward on right, ½ pivot left (9:00)

## DOROTHY STEPS, ROCK, RECOVER ¼ TURN

17-18      Step forward on right to right diagonal, lock left behind right  
&      Step forward on right  
19-20      Step forward on left to left diagonal, lock right behind  
&      Step forward on left to left diagonal  
21-22      Rock forward on right, recover on left making ¼ turn right (6:00)

## SIDE SHUFFLE, CROSS, POINT, CROSS POINT, CROSS UNWIND, FORWARD SHUFFLE

23&24      Step right to right, step left by right, step right to right  
25-26      Cross left over right, point to right  
27-28      Cross right over left, point left to left  
29-30      Cross left over right, unwind ½ turn right (12:00)  
31&32      Step forward on right, step left by right, step forward on right

## ROCK, RECOVER, WALK BACK, TOUCH, SHUFFLE

33-34      Rock forward on left, recover on right  
35-36      Step back on left, step back on right  
37-38      Step back on left, tap right in front of left (bowing head at same time)  
39-40      Step forward on right, step left by right, step forward on right

## FULL TURN, SHUFFLE, ¼ MONTEREY TURN, TOUCH, CROSS

41-42      Make ½ turn right stepping back on left, make ½ turn right stepping forward on right  
43&44      Step forward on left, step right by left, step forward on left  
45-46      Touch right to right, making ¼ turn right step right by left (3:00)  
47-48      Touch left to left, cross left over right

## SIDE SHUFFLE, CROSS ROCK, RECOVER, DIAGONAL BACK SHUFFLE

49&50      Step right to right, step left by right, step right to right  
51-52      Cross rock left over right, recover on right  
53&54      Step diagonally back on left, step right by left, step diagonally back on left  
55-56      Cross right behind left, unwind ½ turn right (9:00)

## CROSS ROCK, RECOVER, FULL TRIPLE TURN LEFT, CROSS ROCK, RECOVER, FULL TRIPLE TURN RIGHT

57-58	Cross rock left over right, recover on right
59&60	Making $\frac{1}{4}$ left step forward on left, making $\frac{1}{2}$ turn right step back on right, making $\frac{1}{4}$ turn right step left to left (alternative side shuffle)
61-62	Cross rock right over left, recover on left
63&64	Making $\frac{1}{4}$ turn right step forward on right, making $\frac{1}{2}$ turn right step back on left, making $\frac{1}{4}$ turn right step right to right (alternative side shuffle)

**REPEAT**

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