拍数： 64
壇数： 2
级数：Intermediate
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音乐：One Step At a Time－Jordin Sparks

## Starts on Vocal（16 Counts）

Side，Behind \＆Step，Mambo Step，1／2，1／2，1／4 Chasse．
1－2\＆3 Step Left to Left side，cross step Right behind Left，step Left to Left side，step forward on Right．
4\＆5 Rock forward on Left，recover on Right，step back on Left．
6－7 Make $1 / 2$ turn to Right stepping forward on Right， $1 / 2$ turn to Right stepping back on Left．
8\＆1 Make $1 / 4$ turn to Right stepping Right to Right side，step Left next to Right，step Right to Right side．

Rock \＆Side，Cross，Side，Sailor 1／4 ，Step．
$2 \& 3$ Cross rock Left over Right，recover on Right，step Left to Left side．
4－5 Cross step Right over Left，step Left to Left side．
6\＆7 Cross step Right behind Left，make $1 / 4$ turn to Right stepping Left next to Right，step forward on Right．
8 Step forward on Left．＊R2＊＊
Make 1／2 Pivot，Left Lock Step，Kick Cross Back，Side，Cross，1／4 Lock Step Back．
$1 \quad$ Pivot $1 / 2$ turn to Right．
$2 \& 3$ Step forward on Left，lock Right behind Left，step forward on Left．
4\＆5 Kick Right forward Diagonal Right，cross step Right over Left，step back on Left．
6－7 Step to Right side on Right，cross step Left over Right．
8\＆1 Make $1 / 4$ turn to Left stepping back on Right，lock Left over Right，step back on Right．
Turn 1／2 ，Touch，Rock \＆1／2，Coaster Step， $1 / 4$ Behind \＆Cross．
2－3 Make 1／2 turn to Left stepping forward on Left，touch Right toe forward．
4\＆5 Rock back on Right，recover on Left，make 1／2 turn to Left stepping back on Right．
6\＆7 Step back on Left，step Right next to Left，step forward on Left．
8\＆1 Make $1 / 4$ turn to Right on ball of Left as you cross step Right behind Left，step Left to Left side，cross step Right over Left．
（\＆）Cross \＆Cross，Rock \＆Cross， $1 / 4,1 / 4$ ，Rock \＆Side．
\＆ $2 \& 3$ Step Left to Left side，cross step Right over Left，step Left to Left side，cross step Right over Left．
4\＆5 Rock to Left side on Left，recover on Right，cross step Left over Right．
6－7 Make $1 / 4$ turn to Right stepping forward on Right， $1 / 4$ turn to Right stepping Left to Left side．
8\＆1 Cross rock Right behind Left，recover on Left，step Right to Right side．
Rock \＆Side，Rock \＆1／4 ，Step， $1 / 2$ Pivot， $1 / 4$ Sweep．
2\＆3 Cross rock Left behind Right，recover on Right，step Left to Left side．
4\＆5 Cross rock Right behind Left，recover on Left，make 1／4 turn to Right stepping forward on Right．
6－7 Step forward on Left，pivot $1 / 2$ turn to Right．
$81 / 4$ turn to Right sweeping Left to touch next to Right．＊R1＊
Chasse Left，Back Rock，Step，Lock \＆Step，Sailor 1／2 Turn．
1\＆2 Step Left to Left side，step Right next to Left，step Left to Left side．
3－4
Rock back on Right，recover on Left． Right, step forward on Right.

Walk, Walk, Step, $1 / 2$ Pivot, Left Shuffle, Step
2-3 Walk forward Left-Right.
4-5 Step forward on Left, pivot $1 / 2$ turn to Right.
6\&7 Step forward on Left, step Right next to Left, step forward on Left.
8 Step forward on Right.
*R1* Restart 1
Wall 2.. Dance up to \& including Count 8, Section 6 (48).. Then Restart from beginning.

## *R2** Restart 2

Wall 5.. Dance up to \& including Count 7, Section 2 (15).. Then make a quick $1 / 2$ turn to Right sweeping Left to touch next to Right.. Then Restart from beginning.

