

One Step at a Time

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Anthony Tautari (NZ) - May 2025
音樂: One Night At a Time - George Strait



Section 1: Rock & recover, weave, left shuffle step, Rocking chair (Counts 1-8)

1-2 Rock right foot to the side, recover weight on left.
3&4 Cross right over left, step left to the side, cross right behind left,
5&6& step left to left side, close right to left, step left to left side
7&8& Rock forward on the right, Recover, Rock back on right, Recover.

Section 2: Foward Shuffle, Turn, Heel Switches, left heel, clap(Counts 9-16)

1&2 Step right forward, close left beside right, step right forward.
3-4 Step left forward, pivot a ½ turn to the right (weight on right).
5&6 Touch left heel forward, step left back, touch right heel forward.
&7-8 Step right back, step left forward, clap once.

Section 3: Slide, Cross & Unwind, Sailor Step x2 (Counts 17-24)

1-2 Take a big step to the right, drag left foot to meet right.
3&4 Cross left over right, unwind a full turn to the right.
5&6 Step right behind left, step left to the side, step right to the side (sailor step).
7&8 Step left behind right, step right to the side, step left to the side.

Section 4: left Pivot ¼, Kick Ball Change, Jazz Box w/ cross (Counts 25-32)

1&2 Step right forward, pivot ¼ turn to the left.
3-4 Kick right forward, step right in place, step left in place (kick-ball-change).
5-6 Cross right over left, step left back.
7-8 Step right to the side, step left forward
