

# One Step At A Time

**COPPER** KNOB  
STEPMATS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: David Spencer (UK) - April 2008  
音樂: One Step At a Time - Jordin Sparks : (CD: One Step At A Time)



(20 count intro - including opening footsteps) - Start on vocals

**Side Step. 2 Walks Forward. Step 1/2 Pivot Step Forward. 1/2 turn, Step back.  
Right Coaster.**

1                    Step R to R side.  
2 - 3                Walk forward L. Walk forward R.  
4&5                Step forward on L. Pivot 1/2 turn R. Step forward on L.  
6 - 7                Make 1/2 turn L stepping back on R. Step back on L.  
8&1                R coaster step. [12.00]

**Step Pivot 1/4 Turn Right. Weave Right. Right Sailor. Cross Behind.**

2 - 3                Step forward on L. Pivot 1/4 turn R.  
4 - 5                Cross L over R, . Step R to R side.  
6                    Cross L behind R while sweeping R to R side.  
7&8&               R sailor step. Cross L behind R. [3.00]

**\*\*RESTARTS here during WALL 4 (facing 12.00), and WALL 9 (facing 3.00) after she's hit the high note!\*\***

**Side Step. 2 Walks Forward. Step 1/2 Pivot Step Forward. 2 Walks Forward. Step 1/2 Pivot Step Forward.**

1                    Step R to R side.  
2 - 3                Turning to R diagonal Walk forward L. Walk forward R.  
4&5                Step forward on L. Pivot 1/2 turn R. Step forward on L.  
6 - 7                Staying on R diagonal Walk forward R. Walk forward L.  
8&1                Step forward on R. Pivot 1/2 turn L. Step forward on R. [4.30]

**Left Forward Rock. Chasse 1/4 Turn Left. Step Pivot 3/4 Turn Left. Chasse Right.**

2 - 3                Staying on R diagonal Rock forward L over R (to 4.30). Recover back on R.  
4&5                (Squaring up to 3.00) Step L to L side, Close R next to L, 1/4 turn L forward on L .  
6 - 7                Step forward on R. Pivot 3/4 turn L.  
8&                   Step R to R side. Close L next to R. [3.00]

**Start Again**

**OPTIONAL ENDING (To finish facing front wall)**

**Music finishes at end of wall 11 (facing 9.00) then there are 8 counts of footsteps**

1-2-3               Walk forward R - L - R  
4-5                   Step forward L, pivot 1/4 turn R  
6-7-8               Walk forward L - R - L