

One Beat At A Time

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Count: 32 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: Alex Robb (June 2012)

Music: One Beat at a Time by Steve Holy. CD: Blue Moon (iTunes)

Count in: 32 counts from heavy beat. (Approx. 22 secs. Just before vocals.)

Sec 1: R Mambo Fwd, L Coaster Step, Rumba Box

- 1&2** Rock fwd on R, Recover on L, Step back on R
- 3&4** Step back on L, Step R next to L, Step fwd on L
- 5&6** Step R to R side, Close L next to R, Step back on R
- 7&8** Step L to L side, Close R next to L, Step fwd on L

Sec 2: Cross Rock, Side Rock, Back Rock ¼ Turn R Lock Step, Step Half Step

- 1&2&** Rock R over L, Recover on L, Rock R to R side, Recover on L,
- 3&4** Rock back on R, Recover on L, Turn ¼ R stepping fwd on R
- 5&6** Step fwd L, Lock R behind L, Step fwd L
- 7&8** Step fwd on R, Turn ½ L (weight on L) Step fwd on R

Sec 3: Run Fwd turning ¼ turn L, Walk Fwd X 2, Run RLR & Mambo Fwd

- 1&2** Turning a ¼ turn L run fwd LRL,
- 3,4** Step fwd on R, Step fwd on L
- 5&6&** Run fwd RLR & step L next to R ***Restart on walls 2 & 4 ***
- 7&8** Rock fwd on R, Recover on L, Step back on R

Sec 4: Sailor ¼ L, Cross Shuffle, L Scissor Cross, Side Rock, Back Rock

- 1&2** Turn ¼ L sweeping L behind R, Step R to R side, Step L to L side
- 2&4** Cross R over L, Close L next to R, Cross R over L
- 5&6** Step L to L side, Close R next to L, Cross L over R
- 7&8&** Rock R to R side, Recover on L, Rock back on R, Recover on L

Begin dance again

Restarts: -

Wall 2 Dance up to counts 22&(facing 9 o clock) Begin again

Wall 4 Dance up to counts 22&(facing 6 o clock) Begin again

Tag: End of wall 5 (9 o clock) & wall 7 (3 o clock)

Tag: Rock, Recover, Behind, Side, Cross, Recover, Behind, Side, Fwd

- 1,2** Rock R to R side, Recover on L
- 3&4** Step R behind L, Step L to L side, Cross R over L
- 5,6** Rock L to L side, Recover on R
- 7&8** Step L behind R, Step R to R side, Step fwd on L

Ending: After wall 8: R Mambo fwd, Sailor ½ Turn L, Step fwd R,L

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