

# ONE BEAT AT A TIME

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**Count:** —                      **Wall:** 2                      **Level:** intermediate

**Choreographer:** Linda Downey

**Music:** One Beat At A Time by Jim Witter

**Sequence:**AAB ABB

## PART A

- 1-8**                      Stomp right forward, fan toes right, center, right stomp left forward, fan toes left, center, left
- 9-12**                      Cross rock, stomping right over left, recover, close and hold
- 13-16**                      Cross rock, stomping left over right, recover, close and hold
- 17-24**                      Right twisty 2: (step to right, close left foot, step to right turning  $\frac{1}{2}$  turn. To back wall, hold, step left foot to left, close right foot then step left foot to left and hold)
- 25-32**                      Right twisty 2 (return)
- 33-36**                      Right back cross rock, recover, step right to side and hold
- 37-40**                      Left back cross rock, recover (turn  $\frac{1}{4}$  to left) step left to side and hold
- 41-48**                      Four toe, heel struts, turning  $\frac{1}{2}$  to left (right-left-right-left)
- 49-64**                      Four two-steps (swaying side to side) turning  $\frac{1}{4}$  to left: (step right forward, slide left to right, step right forward, touch left beside right step left forward, slide right to left, step left forward, touch right beside left step right forward, slide left to right, step right forward, touch left beside right (facing front wall)step left forward, slide right to left, step left forward, touch right beside left)

- 65-72** Four forward steps with 4 hitches, with slight skip (opt)right-left-right-left
- 73-80** Three steps back right-left-right, hitch left (hold knee up) continue back left-right-left, hitch right (hold knee up)
- 81-88** Right back coaster step, hold, left forward. Coaster step, hold
- 89-96** Right sliding door, hold, left sliding door, hold: (rock right foot to right side, recover on left foot, cross right foot over left foot, take weight on right foot & hold left beat. Repeat on left)
- 96-108** Six forward toe heel struts, starting on right, turning  $\frac{1}{2}$  to right to face back wall

## **PART B**

- 1-8** Right toe, out-in-out, to side, hold. Right back coaster step, hold
- 9-16** Left toe, out-in-out, to side, hold. Left back coaster step, hold
- 17-24** Right toe, heel, step, hold; left toe, heel, step, hold (touch right toe into left instep, right heel to left instep, then step forward) repeat on left
- 25-32** Right kick twice, stomp, hold; left kick twice, stomp, hold
- 33-40** Twist- heels, toes, heels to left (123 hold) twist- heels, toes, heels to right (123 hold)
- 41-48** Twist left hold, twist right hold, quick twist left-right-left hold

**49-52** Right stomp twice, right kick twice

**ENDING**

**After final twists, do not do stomp. Instead, do 4 toe, heel steps right, left, right, left turning right to front wall**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=33337](https://www.linedance.com/index.php?f=dance_view&id=33337)