

No Need To Rush

LINEDANCE.COM

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Neville Fitzgerald & Julie Harris

Music: One Step At A Time by 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** 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.

8 1/4 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.

5-6 Step Right forward diagonal Right, lock Left behind Right.

&7 Step Right forward diagonal Right, step Left forward diagonal Left.

8&1 Cross step Right behind Left making 1/4 turn to Right, 1/4 turn to Right stepping Left next to 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.

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=76909