

ONE STEP

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Count: 32

Wall: 4

Level: Beginner / Intermediate

Choreographer: Dawn Rathbun

Music: One Step At A Time by Jordin Sparks (CD: Jordin Sparks)

WALK, WALK, $\frac{1}{4}$ HIP BUMPS & ROLLS

- 1-2 Step forward right, step forward left
- 3-4 Making $\frac{1}{4}$ left bump hips right twice
- 5-6 Bump hips left twice
- 7-8 Roll hips to left (weight on left)

CROSS BEHIND & BALL CROSS FRONT, $\frac{1}{4}$ STEP FORWARD, ROCK FORWARD, $\frac{1}{4}$ SHUFFLE SIDE

- 1&2 Cross right behind left, ball left, cross right over left
- 3 Step left forward $\frac{1}{4}$ left
- 4-5 Step forward right, recover back left
- 6&7 Step right side $\frac{1}{4}$ right, slide left to right, step side right

CROSS ROCK, $\frac{1}{2}$ SHUFFLE, WALK, WALK, CROSS UNWIND $\frac{1}{2}$ LEFT

- 8-1 Cross left over right, recover back right
- 2&3 Step forward left $\frac{1}{2}$ left, slide right to left, step forward left
- 4-5 Step forward right, step forward left
- 6-7-8 Cross right over left, unwind left $\frac{1}{2}$ turn for 2 beats (weight on left)

STEP FORWARD RIGHT, TOUCH LEFT, STEP BACK LEFT, TOUCH RIGHT, SHUFFLE BACK, COASTER

- 1-2 Step forward right, touch left next right
- 3-4 Step back left, touch right next left
- 5&6 Step back right, slide left next right, step back right
- 7&8 Step back left, step together right, step forward left

REPEAT

RESTARTS: On walls 4 & 9 do the first 16 counts & restart

