

One Step

2 Wall – 32 counts

Non country New/Nov

Choreographed by: Ninna Svendsen (DK) Marts 2009

Choreographed to: Jordin Sparks – One Step At A Time

****2 restarts after section 2.***

Section 1

Walk, ½ turn whit a sweep, right sailor step, rock, recover, shuffle ½ .

- 1 - 2 1 RF step forward. 2 make ½ turn right stepping back on LF whit a sweep whit RF.
- 3 & 4 3 RF step diagonal back. & LF in Place. 4 RF step to right side.
- 5 - 6 5 LF rock forward. 6 RF recover.
- 7 & 8 7 make ¼ turn left stepping LF to side. & close right to left. 8 make ¼ turn left stepping LF forward.

Section 2

Right mambo forward, left mambo back, side rock together, side rock together.

- 1 & 2 1 RF rock forward. & LF recover. 2 RF step back.
- 3 & 4 3 LF rock back. & RF recover. 4 LF step forward.
- 5 & 6 5 Rock RF to right side. & recover LF. 6 RF step together.
- 7 & 8 7 Rock LF to left side. & recover RF. 8 LF step together.

***Restart here on wall 4 and 9, facing to the back.**

Section 3

Walk, Walk, anchor step, walk back, walk back, anchor step.

- 1 - 2 1 RF walk forward. 2 LF Walk Forward.
- 3 & 4 3 Step RF behind LF. & RF step in place. 4 LF step in place.
- 5 - 6 5 LF walk back. 6 RF walk back.
- 7 & 8 7 LF step behind RF. & RF step in place. 8 Lf step in place.

Section 4

Walk back, walk back, coaster step, shuffle, pivot ½.

- 1 – 2 1 RF step back. 2 LF step back.
- 3 & 4 3 RL step back. & LF step beside RF. 4 RF step forward.
- 5 & 6 5 LF step forward. & RF behind LF. 6 LF step forward.
- 7 – 8 7 RF forward. 8 Make ½ left stepping forward LF.