**ONE STEP AT A TIME**

Choreographers: Gus & Lynn DeFore, 2206 Briarfield St., Camarillo, CA 93010 (805) 482-0882

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CD/MP3: Jordin Sparks Deluxe Version  Music: One Step At A Time   MP3 time = 3.25 mins

Footwork: Opposite unless noted   Released: Feb-06-2010 SPEED: Normal CD speed

Rhythm/Level: Cha Cha – Phase IV-1 unphased (Stop & Go Hockey Stick with Cross Lunge)

Correction 04-05-2010 Ending was: Wlk 2 Pivot 2 Apart Pt   Ending is: Quick Walk Maneuver Pivot 2 Apart Pt

Sequence: INTRO A B C Int1 A B C D Int2 C C END

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**INTRO**

[BFLY WALL] WAIT 1 MEAS ; SHLDR TO SHLDR 2X ;; REV UNDERARM TRN ; SPOT TRN IN 4 ; [BFLY WALL]

1-5 Wait one meas fcg WALL in BFLY L ft free (W R ft free) wait 4 ticks then DANCERS go on music;

[SHLDR TO SHLDR] XLIF to bfly SCAR (W XRIB), rec R, sd L/cl R, sd L to end in BFLY wall;

[SHLDR TO SHLDR] XRIF to bfly BJO (W XLIB), rec L, sd R/cl L, sd R to end in BFLY wall;

[REV UNDRARM TRN] XLIF, rec R, sd L/cl R, sd L (W XRIF trng 1/2 LF undr ld hnds, rec L cont LF trn to fc ptr, sd R/cl L, sd R); [SPOT TRN IN 4] ln BFLY XRIF trng LF, fwd L cont trng LF, sd R, sd L to end BFLY WALL;

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**PART A**

[BFLY WALL] AIDA ; TRIPLE CHA's BK ; ROCK BK REC , AIDA REV ; TRIPLE CHA's BK ; FC-CUC ; [BFLY WALL]

1-8 [AIDA] Thru R trng LF, sd L, trng RF bk R/lk L, bk R to BK TO BK V fcg RLOD;


[BFLY WALL] TIME STEP RLOD ; TIME STEP LOD ; ROCK FWD REC , [BFLY WALL]

[TIME STEP] Release hnds then extend arms out XLIB (W XRIB), rec R crossing arms in front, sd L/cl R, sd L;

[TIME STEP] While extending arms out XRIB (W XLIB), rec L crossing arms in front, sd R/cl L, sd L to BFLY wall; [RK FWD REC] Fwd L, rec R to end in BFLY wall;

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**PART B**

[BFLY WALL] SAND STEPS ; 1/2 BASIC ; WHIP TO COH ; SAND STEPS ; 1/2 BASIC ; WHIP TO WALL ; [BFLY WALL]

1-8 [SAND STEPS] BFLY WALL swvl RF (W LF) ptc toe of L ft to instep of R ft, swvl LF (W RF) plc heel of L ft to instep of R ft, XLIF/sd R, XLIF; Swvl LF (W RF) ptc toe of R ft to instep of L ft, swvl RF (W LF) plc heel of R ft to instep of L ft, XRIF/sd L, XRIF;

[BFLY WALL] SAND STEPS ; 1/2 BASIC ; WHIP TO WALL ; [BFLY WALL]

1-8 [SAND STEPS] BFLY WALL swvl RF (W LF) ptc toe of L ft to instep of R ft, swvl LF (W RF) plc heel of L ft to instep of R ft, XLIF/sd R, XLIF; Swvl LF (W RF) ptc toe of R ft to instep of L ft, swvl RF (W LF) plc heel of R ft to instep of L ft, XRIF/sd L, XRIF;

WHIP TO WALL] Bk R trng 1/4 LF, cont trng 1/4 LF rec fwd L, sd R/cl L, sd R to fc COH;


[WHIP TO WALL] Repeat action of meas 4 of part B to end fcg WALL;

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**PART C**

[BFLY WALL] 1/2 BASIC ; FAN ; STOP & GO HOCKEY STICK w/ CROSS LUNGE ; HOCKEY STICK ; ALEMANA ;

1-8 [1/2 BASIC] Fwd L, rec R, sd L/cl R, sd L; [FAN] Bk R, rec L, sd R/cl L, sd R (W Fwd L, sd R trn LF 1/4, bk L/lk R, bk L, end fcg RLOD); [STOP & GO HCKY STK w/ CROSS LUNGE] Fwd L, rec R, sd L/cl L, sd L to end in SHADOW POS with W in both fcg WALL (W cl R, fwd L trn LF 1/4 sd R/cl L sd R);

XRIF with bent knees lunge left ext arms & look twwds ptr , rec L, sd R/cl L, sd R (W XLIB with bent knees extend arms & look twwds ptr, rec R, sd L/cl R, trn RF 1/4 bk L to end in FAN POS);

[HOCKEY STICK] Fwd L, rec R, sip L/cl R, L (W cl R, fwd L, fwd R/cl L fwd R); Bk R, rec L, sd R/cl L, sd R trn 1/8 LF to fc DRW & ptr (W fwd L, trn LF, bk L/cl R, bk L to end fcg DRC & ptr);

[ALEMANA] Rw fwd L, rec R, sd L/cl L, sd L; XRIB, rec L, sd R/cl L, sd R (W XLIF trng RF under jnd ld hnds, fwd R trng RF, sd L/cl L, sd L) to end in BFLY WALL;

NOTE: 4th time thru part C end in CP WALL

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**INTERLUDE-1**

[BFLY WALL] SHLDR TO SHLDR 2X ; REV UNDERARM TRN ; SPOT TRN IN 4 ; [BFLY WALL]

1-4 Repeat action of meas 2 thru 5 of INTRO;;;

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PART D

{BFLY WALL} SWIVEL CLS 2X; PROGRESSIVE RKS; SWIVEL CLS 2X; PROGRESSIVE RKS; {BFLY WALL}

1-8 BFLY wall Swvl L twd LOD, cl R, Swvl L twd LOD, cl R; [PROG RKS] Rk apt L, rec XRIF, rk apt L, rec XRIF;
[SWVL CLS 2X] Swvl L twd LOD, cl R, Swvl L twd LOD, cl R;
[PROG RKS] Rk apt L, rec XRIF, rk apt L, rec XRIF;

{BFLY WALL} BASIC TO CLOSE POSITION ;; ALEMANA ;; {BFLY WALL}

[BASIC] Blend to CP Fwd L, rec R, sd L/cls R, sd L; Bk R, rec L, sd R/cls L, sd R;
[ALEMANA] In CP Rk fwd L, pos rec R, sd L/cls R, sd L; XRIB, blend to loose CP rec L, sd R/cls L, sd R
(W XLIIF trng RF under jnd ld hnds, fwd R trng RF, sd L/cls R, sd L) to end in BFLY WALL;

INTERLUDE-2

{BFLY WALL} SHLDR TO SHLDR 2X ;; REV UNDERARM TRN ;; SPOT TRN w/ CHA ;; {BFLY WALL}

1-4 Repeat action of meas 2 thru 4 of INTRO::;

[SPOT TRN w/ CHA] XRIF trn LF, fwd L cont trng LF, sd R/cls L, sd R end in BFLY WALL;

END

{CP WALL} SEMI QUICK WLK MANEUVER, PIVOT 2, APRT PT, {DLW WALL FCG PTR}

1+ [SEMI QUICK WLK MANUVER] ON TICK 1 & 2 quick blend to semi fwd L, trng RF fwd R (maneuver action);
[QUICK PIVOT 2] ON TICK 3 & 4 with knees bent comm RF upper body trn fwd L on ball of ft trng 1/2 RF;
cont trng RF fwr R bwn W feet to fc DLW in loose CP;
[QUICK APRT PT] ON TICK 5 Rk apnt L pt R ,

INTRO A B C Int1 A B C D Int2 C C END

(bfly w) WAIT1; SHLDR TO SHLDR 2X;; REV UNDAR ARM TRN; ---(cue on 2 ticks)

SPOTTRN IN 4;

"A" AIDA ;(into)
BK TRIPLE CHA'S;
RK BK REC,
ADIA REV ;(into)
BK TRIPLE CHA'S;
FC-C UC;
TIME STEP 2X;;(bfly)
RK FWD REC, (B)(B)

"B" SAND STEPS;
½ BASIC ;
WHIP TO CNT;
SAND STEPS;
WHIP TO WALL; (C)(C)

"C" ½ BASIC to a FAN;;
½ BASIC ;
ALEMANA;;
WHIP TO WALL; (C)(C)

"D" SWVL CLS 2X;
S6G H-STK w/ X LUNGE;
ALEMANA;;
ALEMANA;; (INT2-bfly)

"INT1" SHLDR TO SHLDR 2X;;
REV UNDARM TRN;
SPOTTRN IN 4; (A)

"INT2" SHLDR TO SHLDR 2X;;
REV UNDARM TRN;
SPOTTRN w/CHA; (C)

"END" SEMI QK WLK MANUVR,
PVT2,
APRT PT,