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 Aprt Pt   Ending is: Quick Walk Maneuver Pivot 2 Apart Pt**
Sequence: **INTRO A B C Int1 A B C D Int2 C C END**

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

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;
       [TRIPLE CHA's BK] Bk L/lk R , bk L, bk R/lk L, bk R; [RK BK REC] Bk L, rec R, [AIDA REV] Thru L trng LF,
       sd R, cont trng LF bk L/lk R, bk L to BK TO BK V fcg LOD; [TRIPLE CHA's BK] Bk R/lk L , bk R, bk L/lk R, bk L;
       [FC-CUC] FCG LOD Pvt on L trng RF (W trn LF) sd R to fc ptr in BFLY, rec L, cl R/sip L, sip R;
{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 R to BFLY wall;
       [RK FWD REC] Fwd L, rec R to end in BFLY wall ,

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) plc 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) plc 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; [1/2 BASIC] Fwd L, rec R, sd L/cl R, sd L;
       [WHIP TO COH] Bk R trng 1/4 LF, cont trng 1/4 LF rec fwd L, sd R/cl L, sd R to fc COH;
       [SAND STEPS] Repeat action of meas 1-2 of part B;; [1/2 BASIC] Fwd L, rec R, sd L/cl R, sd L;
       [WHIP TO WALL] Repeat action of meas 4 of part B to end fcg WALL;

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 HKY STK w/ CROSS LUNGE] Fwd L, rec R, sd L/cl R, sd L
       to end in SHADOW POS with W in front both fcg WALL (W cl R, fwd L trn LF 1/4 sd R/cl L sd R);
       XRIF with bent knees lunge left extend arms & look twds ptr , rec L, sd R/cl L, sd R (W XLIB with bent knees
       extend arms & look twds 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 RF to fc DRW & ptr (W fwd L, fwd R trn LF, bk L/cl R, bk L to end fcg DRC & ptr);
       [ALEMANA] Rk fwd L, rec R, sd L/cls R, sd L; XRIB, rec L , sd R/cls L , sd R (W XLIF trng RF under jnd ld hnds,
       fwd R trng RF, sd L/cls R , sd L) to end in BFLY WALL;
       NOTE: 4th time thru part C end in CP WALL

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
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{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 XLIF trng RF under jnd ld hnds, fwd R trng RF, sd L/cls R , sd L) to end in BFLY WALL;

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INTERLUDE-2
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{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;

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END
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{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 fwd R btwn W feet to fc DLW in loose CP;
    [QUICK APRT PT] ON TICK 5 Rk apt L pt R ,

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

(bfly w) WAIT 1; SHLDR TO SHLDR 2X;; REV UNDRARM TRN; ---(cue on 2 ticks)
        SPOT TRN IN 4;

"A"	"B"	"C"	"D"
AIDA;(into)	SAND STEPS;;	½ BASIC to a FAN;;	SWVL CLS 2X;
BK TRIPLE CHA'S;	½ BASIC;	S&G H-STK w/ X LUNGE;;	PROG RK 4;
RK BK REC,	WHIP TO CNTR;	HOCKY STK;;	SWVL CLS 2X;
ADIA REV;(into)	SAND STEPS;;	ALEMANA;;	PROG RK 4;
BK TRIPLE CHA'S;	½ BASIC;	(INT1-bfly) (D-bfly)	BASIC to CLS;;
FC-CUC;	WHIP TO WALL; (C)(C)	(C-bfly) (END-cp)	ALEMANA;; (INT2-bfly)
TIME STEP 2X;;(bfly)			
RK FWD REC, (B)(B)		"INT1"	"INT2"
		SHLDR TO SHLDR 2X;;	SHLDR TO SHLDR 2X;;
		REV UNDRARM TRN;	REV UNDRARM TRN;
		SPOT TRN IN 4; (A)	SPOT TRN w/CHA; (C)
		"END"	
		SEMI QK WLK MANUVR,	
		PVT 2,	
		APRT PT,	