

One Step at a Time (The Big E)

Choreographed by **Steve Edwards**

Description: 32 count, 4 wall, beginner west coast swing line dance

Music: *One Step at a Time* by Jordin Sparks

Start dancing on lyrics

4 WALKING STEPS FORWARD, SIDE ROCK STEP, SIDE ROCK STEP

1-4 Step right forward, step left forward, step right forward, step left forward

5&6 Rock right to side, recover to left, step right together

7&8 Rock left to side, recover to right, step left together

GRAPE VINE RIGHT, GRAPEVINE LEFT

1-4 Vine right, touch left together

5-8 Vine left, touch right together

WALK BACK 4 STEPS, PRESS STEP TOGETHER, PRESS STEP TOGETHER

1-4 Step right back, step left back, step right back, step left back

5&6 Press ball of right back, recover to left, step right together

7&8 Press ball of left back, recover to right, step left together

SIDE ROCK STEP, SIDE ROCK STEP, CHUG X4, ¼ TURN

1&2 Rock right to side, recover to left, step right together

3&4 Rock left to side, recover to right, step left together

5 Turn ¼ left & touch right to side

6-7 Repeat 5-6

8& Turn ¼ left and touch right to side, turn ¼ left

REPEAT

STYLING OPTIONS

While doing rock steps throughout this dance or when doing press steps in 3rd set of 8, try sliding the foot