



# ONE STEP AT A TIME

Choreographer: Bill Larson – June 2005  
 Song: 'One Night At a Time' by George Strait (159bpm)  
 Start on main vocals  
 4 Wall 32 Count Beginner  
<http://www.youtube.com/watch?v=4LxIKLk MWM>



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Steps	Actual Footwork	Direction	Calling Suggestion
<b>Section 1</b> 1,2 3,4 5,6 7,8	<b>Vine Right Touch, Heel Taps L Tog, R Tog</b> Step R to side, Step L behind R Step R to side, Touch L beside R Tap L heel fwd at 45° L, Step L beside R Tap R heel fwd at 45° R, Step R beside L	Right  On the spot	Vine Right Touch  Left Heel Together Right Heel Together
<b>Section 2</b> 1,2 3,4 5,6 7,8	<b>Vine Left Turn Tog, Heel Taps L Tog, R Tog</b> Step L to side, Step R behind L Step L to side with 1/4 turn L, Touch R beside L Tap R heel fwd at 45° R, Step R beside L Tap L heel fwd at 45° L, Step L beside R	Left Turning L On the Spot	Vine L Turn Touch  Right Heel Together Left Heel Together
<b>Section 3</b> 1,2,3,4 5,6,7,8	<b>Walk fwd R, L, R Kick, Walk back L, R, L Side</b> Walk fwd R, L, R, Kick L fwd Walk back L,R,L Step R to side	Forward Back	Walk fwd R,L,R Kick Walk Back L,R,L Side
<b>Section 4</b> 1,2,3,4 5,6,7,8	<b>Bump Hips L, R, L Hold, R, L, R, L</b> Bump hips L, R, L, Hold Step R to side bumping hips R, L, R, L	On the Spot	Hips L,R,L, Hold Hips R, L, R, L
Suggested music for a slightly quicker dance: 'Not Counting You' by Garth Brooks			