

ONE CHA AT A TIME

Choreographed by Audrey Gendre

Description: 32 count, 2 wall, Cuban

Level: Novice

Music: 'One night at a time' by George Strait (pitched down to 110BPM)

Official UCWDC competition dance description

Date of usage 31 May 2012

1-9: Step to the side, transfer weight, triples and steps while doing a circle

- 1 RF step to the side
- 2-3 Bring LF next to RF, transfer weight to LF
- 4&5 Starting a 3/4T circle to the left, triple step RF, LF, RF
- 6-7 Continue the circle, LF forward, RF forward
- 8&1 End the circle while doing a 1/4 T to the left, triple step forward LF, RF, LF (face 3:00)

10-17: Rock step, triple step with 1/2T, pivot turns, triple forward

- 2-3 Rock forward on RF, recover on LF
- 4&5 1/4 T to the right, RF step to the side, bring LF together, 1/4 T to the right and step RF forward (9:00)
- 6 1/2 T to the right, step back on LF
- 7 1/2 T to the right, step forward on RF
- 8&1 Triple step forward LF, RF, LF

18-26: Step turn, mambo back, cross side forward, cross turn side

- 2-3 Step forward on RF, 1/2 T to the left and keep the weight on RF (face 3:00)
- 4&5 Rockback on LF, recover on RF, step forward on LF
- 6&7 Cross RF in front of LF, step LF to the side, step forward RF (slightly diagonally)
- 8&1 Cross LF in front of RF, 1/4 T to the left step back on RF, 1/4 T to the left step LF to the side (face 9:00)

27-32: Transfer weight, cross back together, walks, 1/4Tleft

- 2-3 Transfer weight to RF on 2 counts
- 4&5 Cross LF in front of RF, step back on RF, bring LF next to RF
- 6 Step RF forward
- 7 Step LF forward
- 8& Step RF forward, 1/4 T to the left and transfer weight to LF (face 6:00)