

ONE STEP AT A TIME

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RECORD: Arhoolie 45-528 "One Step At A Time" by Clifton Chenier

FOOTWORK: Opposite, Directions for the man except where noted

SEQUENCE: INTRO,A,B,B,A,B,A(1-10),TAG

RATING: Phase V+2 Unphased (Tuck To A Hammerlock & Underarm Exit)

RHYTHM: West Coast Swing

INTRODUCTION

1-2 WAIT 3 PICKUP NOTES & 1 MEAS; KICK BALL CHANGE 2X;

- [1] LOFP LOD wait 3 pickup notes & 1 meas;
 1a,2,3a,4; [2] {KICK BALL CHANGE 2X} kick L fwd/cl L on ball of ft, sip R, kick L fwd/cl on ball of ft, sip R;

PART A

1-7 SUGAR PUSH;,, LEFT SIDE PASS;,, DOUBLE WHIP;,, UNDERARM TURN;,,

- 1,2,3,4; [1] {SUGAR PUSH} bk L, bk R, tch L, fwd L (W fwd R, fwd L, tch R, bk R);
 1a,2,3,4; [2] sip R/L, bk R (W sip L/R, L), {LEFT SD PASS} trng LF bk L fc COH, cl R (W fwd R, fwd L);
 1a,2,3a,4; [3] sip L/R, fwd L twd RLOD (W fwd R trn LF/XLIF cont trn, bk R fc LOD),
 sip R/L, bk R (W sip L/R, L);
 1,2,3a,4; [4] {DBL WHIP} bk L, fwd & sd R to W's R sd trn RF bring W into R arm, sd & fwd L trng RF/rec R
 trng RF, sd & fwd L fc RLOD (W fwd R, fwd L trn RF, bk R/cl L, fwd R betw M's feet);
 1,2,3,4; [5] XRIB, trn RF sd L fc LOD, XRIB, trn RF sd L fc RLOD release W
 (W fwd L trn ½ RF, bk R, fwd L trn ½ RF, bk R);
 1a,2,3,4; [6] sip R/L, bk R (W sip L/R, L), {UNDERARM TRN} bk L, fwd & sd R twd W's R sd trn RF
 raise jnd lead hnds (W fwd R, fwd L undr jnd lead hnds);
 1a,2,3a,4; [7] sd & fwd L trng RF/rec R trng RF, fwd L twd LOD, sip R/L, bk R
 (W fwd R trn LF/XLIF cont trn, bk R fc RLOD, sip L/R, L);

8-12 LEFT SIDE PASS WITH TUCK & TWIRL TO A HAMMERLOCK;,, UNDERARM EXIT;,, SUPRISE WHIP;,,

- 1,2,3,4; [8] {PASSING TUCK TO HAMMERLOCK} trng ¼ LF bk L, cl R (W fwd R, fwd L swiv LF ¼),
 tch L (W tch R), fwd L trn ¼ raising jnd lead hnds ovr W's head & jnd trailing hnds low
 beh W's bk (W fwd R trn ¾ RF);
 1a,2,3,4; [9] sip R/L, R bring jnd lead hnds down to chest level (W sip L/R, L) fcg LOD,
 {UNDERARM EXIT} bk L, fwd R trn RF raise jnd lead hnds (W fwd R, fwd L trng LF);
 1a,2,3a,4; [10] sd & fwd L trng RF/rec R trng RF, fwd L twd RLOD, sip R/L, bk R
 (W cont trn LF bk R/fwd L, bk R comp ½ LF trn, sip L/R, L);
 1,2,3a,4; [11] {SUPRISE WHIP} bk L, fwd R trn ¼ RF, sd L trn ¼ RF/rec fwd R, sd L
 (W fwd R, fwd L trn ½ RF, bk R/cl L, fwd R);
 1,2,3a,4; [12] rk fwd R & stop W with R hnd on her bk in L-shaped SCP, rec bk L, sip R/L, bk R
 (W bk L trn ½ RF, rec fwd R trng und jnd lead hnds, sd L/XRIF, trn RF bk L to fc ptr) fc LOD;

PART B**1-5 SUGAR PUSH;,, CHEEK TO CHEEK;,, SIDE WHIP;:**

- 1,2,3,4; [1] {SUGAR PUSH} bk L, bk R, tch L, fwd L (W fwd R, fwd L, tch R, bk R);
 1a,2,3,4; [2] sip R/L, bk R (W sip L/R, L), {CHEEK TO CHEEK} bk L, fwd R commence RF trn;
 1,2,3a,4; [3] lift L knee up & tch M's L hip to W's R hip, XLIF trng LF to fc ptr & LOD, sip R/L, bk R (W sip L/R, L);
 1,2,3a,4; [4] {SIDE WHIP} bk L, rec R to an L-shaped SCP, hold, hold (W fwd R, fwd L trn ½ RF, bk R/cl L, fwd R);
 1,2,3a,4; [5] hold, rec L, sip R/L, bk R (W fwd L, fwd R trn ½ LF, sip L/R, L) fc LOD;

6-8 UNDERARM TURN MAN HOOK TURN;,, RIGHT SIDE PASS;:

- 1,2,3a,4; [6] {UNDERARM TRN M HOOK TRN} bk L, fwd & sd R twd W's R sd trn RF raise jnd lead hnds, sd & fwd L trng RF/rec R trng RF, fwd L twd RLOD (W fwd R, fwd L undr jnd lead hnds, fwd R trn LF/XLIF cont trn, bk R to fc LOD);
 1a,2,3,4; [7] XRIB trn RF release hnds/sip L trn RF, sd R fcg WALL join R hnds (W sip L/R, L), {RT SD PASS} rk sd L, rec R (W fwd R, fwd L pass M's R sd);
 1a,2,3a,4; [8] chg W's R hnd to M's L hnd cl L/sip R, fwd L twd LOD, sip R/L, bk R (W fwd R trn LF/XLIF cont trn, bk R fc RLOD, sip L/R, L);

9-12 TUMMY SURPRISE;: MAN'S UNDERARM TURN;,, KICK BALL CHANGE;:

- 1,2,3a,4; [9] {TUMMY SURPRISE} bk L, fwd R trn ¼ RF put R hnd on W's R hip bone & lead her to move bk, sd L trn ¼ RF/rec fwd R, sd L (W fwd R, fwd L, fwd R/cl L, bk R);
 1,2,3a,4; [10] rk fwd R stop W by sliding R hnd to her L shldr blade, rec bk L, sip R/L, bk R, lead W into RF trn with slight push of M's R hnd (W rk bk L, rec fwd R, trn ¼ RF sd L/XRIF trn ¼ RF, bk L) fc RLOD;
 1,2,3a,4; [11] {MAN'S UNDERARM TURN} bk L, fwd & sd R twd W's L sd, trng RF undr jnd lead hnds L/R, L to fc RLOD (W fwd R, fwd L, fwd R trn LF/XLIF cont trn, bk R fc LOD);
 1a,2,3a,4; [12] sip R/L, bk R (W sip L/R, L), {KICK BALL CHANGE} kick L fwd/cl L on ball of ft, sip R;

TAG**1 WRAP & POINT;**

- 1,2,3,-; [1] bk L, fwd & sd R twd W's R sd trn RF raise jnd lead hnds, join M's R & W's L hnds in wrapped pos fc COH pt L sd twd RLOD,
 (1,2a,3,-;) (W fwd R, fwd L trn LF und jnd lead hnds to wrapped pos, cl R/pt L sd twd RLOD)-;

NOTE: Anchor steps and French Cross have been indicated in the above choreography.
 As an option, Coaster steps and Run/Run, Run Trn, may be substituted.