

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 (120 bpm)

'Making Memories of Us' by Keith Urban (108 bpm)

Official UCWDC competition dance description (pitched down to 110bpm)

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 Rock back 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)