

One step at a time

By Jordin Sparks (Of American Idol)

Pop
Left Foot Lead
Adult Advanced

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WAIT: 4 Counts (these are 4 footsteps)

INTRO:

(16) 2 Kick Rock

Kick(f) R(ots)S(f)-R(ots)S(b)
L L R L R
1 & 2 & 3

Snap Right

| | | | |
|---------|-----------|------------|------------|
| fingers | (lean bk) | (lean fwd) | Turn 1/2 R |
| Pause | Kick(f) | Kick(b) | Step Step |
| | L | L | L R |
| | 4 | 6 | 7 8 |

PART A

(8) 1 Cherry

-----crimp-----
L S S Drag S S Toe Heel Heel Lift
R DS(xif) R Dbl Dbl R Toe Heel Step Sl
1 & 2 & 3 & 4 e& a5 & 6 e & a & & 8

(4) 1 Burton Triple

L DS Snap Skuff Flap Step S
R Skuff Flap Step Snap R
&1 e & a 2 e & a 3 & 4

(4) 1 Stomp Double (p)

Stomp-DS-DS-RS
R L R LR

PART B:

(8) 1 Horsy

L DS tb(xib) tb(xib) tb(xib) tb(ots) tch(f) S tch(f)lift
R ba(ots) ba(ots) ba(ots) ba(ots) DS DS
&1 & a2 & a3 & a4 & a5 e& 6 & a7 & 8

(4) 1 Jump Hop 1/2 Left DS(xif) Hop Step(b) Hop Step RS

L L R R L RL
&1 & 2 & 3 & 4

(4) 1 Joey

-----1/2 Left-----
DS(ots)-Ball(xib) Ball(ots) Ball(ots) Ball(xib) Ball(ots) Ball
R L R L R L R
&1 & 2 & 3 & 4

ONE STEP AT A TIME(Cont'd)

CHORUS:

| | | | | | | | | | | | | | | | |
|-----|--------------|---------|-------|-----------|------|-----------|---------|------|-------|------------------|-----------|----------|------|---|---|
| (8) | 1 Gwen L | St(ots) | | Hlcl | Rk | | St(xib) | St | | -----pigeon----- | Heels Out | Heels In | Lift | | |
| 2 - | R | tch | Stamp | DS | | St(ots) | Rk | Db | | Heels Out | Heels In | SI | | | |
| | | & | 1 | & | 2 | &a3 | & | 4 | 5 | & | 6 | &a | 7 | & | 8 |
| (4) | 1 Turkey | Stamp | (p) | Heel Snap | Step | Heel Snap | Step | Step | Stamp | | | | | | |
| | | | | L | L | R | L | L | R | L | R | | | | |
| | | | | 1 | & | 2 | & | a | 3 | & | 4 | | | | |
| (4) | 1 Triple 1/2 | Right | | | | | | | | | | | | | |

INTRO: 2 Kick Rock

PART A: 2(Cherry, Burton Triple, Stomp Double)

PART B: 2(Horsy, Jump Hop 1/2 left, Joey)

CHORUS: 2(Gwen, Turkey Stamp, Triple 1/2 Right)

PART C:

| | | | | | | | | | | |
|-----|-------------------------|----------------|------------------|----------|------|-------------|------|----|------|----|
| (8) | 1 Turn the Corner 1/4 R | --1/4R-- | DS-DS(xif)-RS(b) | Pull(bk) | Step | RS-DS-DS-RS | | | | |
| 2 - | | | L | R | LR | L | L | RL | R | |
| | | | &1 | &2 | &3 | & | 4 | &5 | &6 | |
| | | | | | | | | | &7 | &8 |
| (8) | 1 Simone Travel 1/4 R | --1/4 right--- | DS | Pull | RS | Step | Pull | RS | Step | |
| | | | R | L | LR | L | R | RL | R | |
| | | | &1 | & | 2& | 3 | & | 4& | 5 | |
| | | | | | | | | | & | 6 |
| | | | | | | | | | | 7 |
| | | | | | | | | | | & |
| | | | | | | | | | | 8 |

INTRO: 2 Kick Rock

CHORUS* (in a box) 4(Gwen, Turkey Stamp, Triple turn 1/2 Right)

ENDING:

(8) 8 Steps – First 2 counts do a basketball turn 3/4 Right then counts “3 thru 7” head toward side wall on count “8” step BACK on Right foot & look over your shoulder with Right hand on HIP

Abbreviations:

- | | | | |
|---------------------|---|-----------------|--------------------|
| DS=Double Toe Step | xif=Cross in Front | Hl=Heel | xib=Cross in Back |
| RS=Rock Step | St=Step | tch=Touch | Snap=Drop Toe down |
| DbL=Double Toe | b=Back | ots=Out to side | |
| Sk=Skuff Heel | | | |
| Flap=Backward brush | HOP=wt on one foot and you hop on same Foot- no wt change | | |