

One for the Road

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Mark Paulino (USA) & Cara Westworth (AUS) - March 2026

Music: Highland Girl - Nathan Evans



16 Count Intro

[Section 1] STOMP UP SIDE FLICK, STOMP UP HOOK, STEP DOWN, ¼ PIVOT TURN, HITCH STEP LOCK STEP X2

- 1&2& R stomp down without weight shifting, R side flick, R stomp down without weight shifting, R cross hook over L
- 3 4 R step down, weight shifting onto L with a ¼ turn left (9:00)
- &5&6 R hitch up, R cross step back behind L, L stepping back locking in front of R, R cross step back behind L
- &7&8 L hitch up, L cross step back behind R, R stepping back locking in front of L, L cross step back behind R

TIP: try to hook and flick with your step lock steps traveling backward

[Section 2] STEP FORWARD, ½ TURN STEP BACK, SHUFFLE ½ TURN, FORWARD ROCK RECOVER COASTER CROSS STEP, JUMP/HEEL HOP

- 1 2 R steps forward, ½ turn right with L stepping back (3:00)
- 3&4 ¼ turn right with R side step (6:00), L steps besides R, ¼ turn right with R stepping forward (9:00)
- 5&6& L rock forward, recover back on R, rock L steps back, R steps besides L
- 7&8 L cross step over R with knees slightly bent, jump up and down keeping legs straight midair maintaining weight on L when landing

TIP: Instead of jumping up & down, you can bring both heels up & down

[Section 3] SIDE SHUFFLE ¼ TURN X3, SIDE SHUFFLE

- 1&2& R side step, L steps besides R, R side step, ¼ turn left keeping weight on R (6:00)
- 3&4& L side step, R steps besides L, L side step, ¼ turn left keeping weight on L (3:00)
- 5&6& R side step, L steps besides R, R side step, ¼ turn left keeping weight on R (12:00)
- 7&8 L side step, R steps besides L, L side step

[Section 4] SAILOR STEP, CROSS STEP BEHIND, ¼ TURN FORWARD STEP, STEP FORWARD, LOCK, HITCH CROSS STEP BEHIND, HOOK, CROSS FLICK, JUMP/HEEL HOP

- 1&2& R cross step behind L, L side step, R side step, L cross step behind R
- 3&4& ¼ turn right with R stepping forward (3:00), L stepping forward in a diagonal, lock R behind L, L hitch up
- 5&6& L cross step behind R, R hook over L, step R down crossed over L, L cross flick behind R
- 7&8 Step L down crossed behind R, jump up, land maintaining R over L keeping weight on L

TIP: Ending the dance with body facing (3:00) as you look ahead towards (12:00) and having your whole left hand pointing forward with all fingers with palm facing up as you land the jump

Last Update: 17 Mar 2026