

One More Time

Count: 48

Wand: 4

Ebene: Intermediate/Advanced waltz

Choreograf/in: Ed Lawton (UK) & Alan Young (UK)

Musik: Take It to the Limit - Suzy Bogguss



TWINKLES TWICE MOVING BACK, FORWARD ½ PIVOT, ROCK, ROCK, STEP

- 1-3 Step left over right, step back on right, step back on left
4-6 Step right over left, step back on left, step back on right
7-9 Step forward on left, step forward on right, pivot ½ turn left
10-12 Step forward on right, rock back on left, step back on right

BACK ½ TURN TWICE STEP LOCK STEP ½ ROCK STEP BACK ½, ½, ¼

- 13-15 Step back on left, step back on right making a ½ turn right, step forward on left making a ½ turn right
16-18 Step back on right, step left over right(lock step), step back on right
19-21 Step back on left making a ½ turn left, step forward on right, rock back on left
22-23 Step back on right, step back on left making a ½ turn left
&24 Step forward on right making a ½ turn left, make a ¼ turn left stepping left to left side

CROSS ROCK STEP ROCK & CROSS ROCK STEP CROSS VINE

- 25-27 Cross rock right over left, rock on to left, step right to right side
28-29 Step left over right, step right to right side
&30 Rock on to left, step right over left
31-33 Step left to left side, rock on to right, step left over right
34-36 Step right to right, step left behind right, step right to right

ROSS ROCK STEP WEAVE ¼ TURN SWEEP ¼ TURN BACK DRAG

- 37-39 Cross rock left over right, rock on to right, step left to left side
40-42 Step right over left, step left to left side, step right behind left
43-45 Step left to left side making a ¼ turn left, sweep right foot round making a ¼ turn left over 2 counts

Or you can do 1 ¼ turn left with the sweep

- 46-48 Take a large step back on right, drag left to right over 2 counts

REPEAT
