

One More Time

COPPER KNOB
BY STEPHANETS

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Chrystel Arréou (FR) & Sylvie Tortuyaux-Villemaux (FR) - October 2021

Musique: One More Time - Rod Stewart



Intro : 16 counts

STEP R, STEP L, KICK BALL STEP, ROCK STEP, COASTER STEP

- 1-2 Step R fwd, Step L fwd
- 3&4 Kick R fwd, Step R next to L, Step L fwd
- 5-6 Rock fwd on R, Recover on L
- 7&8 Step back on R, Step L next to R, Step fwd on R

STEP L, STEP R, KICK BALL STEP, ROCK STEP, COASTER STEP

- 1-2 Step L fwd, Step R fwd
- 3&4 Kick L fwd, Step L next to R, Step R fwd
- 5-6 Rock fwd on L, Recover on R
- 7&8 Step back on L, Step R next to L, Step fwd on L

SIDE, BEHIND, CHASSE R, CROSS ROCK, CHASSE ¼ TURN L

- 1-2 Step R on R side, Cross L behind R
- 3&4 Step R on R side, Step L next to R, Step R on R side
- 5-6 Cross L over R, Recover on R
- 7&8 ¼ turn L stepping L fwd, Step R next to L, Step L fwd 9h

STEP R, POINT L, STEP L, POINT R, JAZZ BOX

- 1-2 Step R fwd, Point L to L side
- 3-4 Step L fwd, Point R to R side
- 5-6 Cross R over L, Step back on L 7-8 Step R to R side, Step L fwd

Tag : At the end of wall 4 (Start 3h), facing 12h, add 8 counts :

- 1-2 Heel R fwd, Together
- 3-4 Heel L fwd, Together
- 5-6 Point R to R side, Together
- 7-8 Point L to L side, Together

Bonne danse !! countrysn10@free.fr / lcl78@gmail.com