

# One More Time

Compte: 52

Mur: 1

Niveau: Intermediate



Chorégraphe: Ursala

Musique: Baby One More Time - Britney Spears

## **SYNCOPATED HEEL SWITCHES, ROCK FORWARD & BACK & ½ TURN RIGHT**

- 1&2 Tap right heel forward, quickly replace and tap left heel forward  
&3 Quickly replace left heel and tap right heel forward  
&4 Quickly replace right heel and tap left heel forward  
&5 Quickly replace left heel and rock forward onto right foot  
6 Rock back onto left  
7&8 Triple turn ½ turn right stepping right, left, right

## **ROCKS FORWARD & BACK, ¾ TURN LEFT**

- 9-10 Rock forward on left, rock back on right  
11&12 Triple ¾ turn to left stepping left, right, left

## **SIDE STEPS, ROCKS BACK & FORWARD, STEP FORWARD LEFT ½ TURN RIGHT**

- 13-14 Step right to right side, close left beside right  
15&16 Step right to right side, close left beside right, step right to right side  
17-18 Rock back on left, rock forward onto right  
19-20 Step left forward, pivot ½ turn right

## **SIDE STEPS, ROCKS BACK & FORWARD, STEP FORWARD RIGHT ½ TURN LEFT**

- 21-22 Step left to left side, close right beside left  
23&24 Step left to left side, close right beside left, step left to left side  
25-26 Rock back on right, rock forward onto left  
27-28 Step right forward, pivot ½ turn left

## **ROCKS FORWARD & BACK & FORWARD, ¼ TURN LEFT**

- 29&30 Rock forward onto right, rock back onto left, rock back onto right  
&31 Rock forward onto left, rock forward onto right  
& On balls of feet swivel heels to right making ¼ turn left  
32 Swivel both heels left

## **TRAVELING LEFT TOE AND HEEL SWIVELS**

- 33-34 Swivel toes left, swivel heels left  
35&36 Swivel left toes, heels, toes

## **SYNCOPATED TOE & HEEL TOUCHES**

- 37&38 Tap left toe to left side, replace next to right foot, tap right toe out to right side  
39&40 Replace right next to left, tap left heel forward  
41&42 Replace left next to right, tap right heel forward

## **KICK BALL STEP**

- & Replace right next to left  
43&44 Kick left forward, step on ball of left foot, step right foot forward

## **LEFT FORWARD SHUFFLE, HIP BUMPS, KICK, CROSS UNWIND & CLAP**

- 45&46 Left shuffle  
47-48 Step right to right side bumping hips double - right, left

49-50 Kick right foot forward, cross right over left  
51-52 Unwind  $\frac{1}{2}$  turn left, clap hands

**REPEAT**

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