

One More Time

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Joe Steele (USA) & Trisha Sweeney (USA)

Musique: Baby One More Time - Britney Spears



STEP RIGHT FORWARD, HIP, HIP

- 1-2 Step right foot forward with 2 hip bumps forward, step left forward, hip, hip
- 3-4 Step left foot forward with 2 hip bumps forward, step right forward, hip, hip
- 5-6 Step right foot forward with 2 hip bumps forward, step left forward, hip, hip
- 7-8 Step left foot forward with 2 hip bumps forward

STEP OUT, CLAP, STEP IN, CLAP

- & Step out with the right
- 9 Step out with the left
- 10 Clap
- & Step in with right
- 11 Step in with left
- 12 Clap

KICK BALL CHANGE

- 13 Kick right foot forward
- &14 Step on the ball of right foot next to left, change weight to left in place

STEP, PIVOT HALF TURN

- 15 Step forward on right
- 16 Pivot ½ turn left, changing weight to left foot

- 17-32 Repeat first 16 Steps

SYNCOPATED WEAVE RIGHT

- 33-34& Step right to right side, cross left behind right, step right to right side
- 35&36 Cross left over right, step right to right side, touch left heel to left side at a slight angle forward

VAUDEVILLES

- &37 Step left in place, cross right over left
- &38 Step left to left side, touch right heel to right side at a slight angle forward
- &39 Step right in place, cross left over right
- &40 Step right to right side, touch left heel to left side at a slight angle forward

SYNCOPATED FORWARD STEPS

- & Step left beside right
- 41 Step right foot forward
- 42 Clap
- & Slide left beside right
- 43 Step right foot forward
- 44 Clap

ROCK STEP FORWARD, CHA-CHA STEP WITH ¼ TURN TO LEFT

- 45 Rock forward on left
- 46 Recover on right
- 47 Step left with ¼ turn

& Step right foot beside left
48 Step left foot beside right (keeping weight on left)

REPEAT
