

# One More Night

Compte: 96

Mur: 2

Niveau: Phrased Intermediate

Chorégraphe: Adam Åstmar (SWE) - December 2012

Musique: One More Night - Maroon 5



**Intro: 16 Count - Sequence: A – B – A – B – A – B – B**

## Part A: (64)

### **Sect – 1: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE STEP, RECOVER, CROSS, SIDE STEP, SAILOR 1/4 STEP**

- 1 – 2            Rock right foot out to right side, recover left
- 3 & 4           Step right foot behind left, step left foot to left side, cross step right foot over left
- & 5 – 6        Step left foot to left side, recover right, cross step left foot over right
- 7 – 8 & 1      Step right foot out to right side, step left behind right, 1 / 4 turn left step right to side, step left forward

### **Sect – 2: WALK 2X, MAMBO STEP, RUN BACK 2X, COASTER STEP, STEP 1/2 TURN STEP**

- 2                step right foot forward
- 3 & 4 &        Rock left forward, recover right, step left foot back, step right foot back
- 5 – 6 &        Step left foot back, step right foot back, step left next to right
- 7 – 8 &        Step right foot forward, step forward on left, pivot 1/2 turn right

### **Sect – 3: ROCK FORWARD, RECOVER, COASTER STEP, SAILOR 1/4 STEP, LOCK-STEP FORWARD**

- 1 – 2            Rock left foot forward, recover right
- 3 & 4            Step left foot back, step right next to left, step left foot forward
- 5 & 6            Step right behind left, 1/4 turn right step left to left, step right slightly forward
- 7 & 8            Step left forward, lock right behind left, step left forward

### **Sect – 4: STEP 1/2 TURN, COASTER HEEL & HEEL & WALK 2X, TRIPLE TURN**

- 1 – 2 &        1/2 turn left step right back, step back on left, step right beside left
- 3 & 4 &        Touch left heel forward, step left beside right, touch right heel forward, step right beside left
- 5 – 6            Step left foot forward, step right foot forward
- 7 & 8            Step left forward as you 1/2 turn right, step right next to left as you 1 / 2 turn right, step left foot forward

### **Sect – 5: STEP 1/2 TURN, STEP 1/4 TURN, LOCK-STEP FORWARD, STEP 1/2 TURN STEP, LOCK-STEP FORWARD**

- 1 & 2 &        Step right forward, 1/2 turn left, step right foot forward, 1/4 turn left
- 3 & 4            Step right forward, lock left behind right, step right forward
- 5 & 6            Step left forward, 1/2 turn right, step left foot forward
- 7 & 8            Step right forward, lock left behind right, step right forward

### **Sect – 6: CROSS STEP HEEL 2X, CROSS STEP, SAILOR 1/4 TURN**

- 1 & 2 &        Cross left over right, right back at slightly angle, left heel forward, step left beside right
- 3 & 4 &        Cross right over left, left back at slightly angle, right heel forward, step right beside left
- 5 – 6            Cross left over right, step right to right
- 7 & 8            Step left behind right, 1/4 turn left step right to right side, step left slightly forward

### **Sect – 7: SHUFFLE 1/2 2X, STEP 1/2 TURN, KICK-BALL CHANGE STEP**

- 1 & 2            Turn 1/2 left and shuffle backward right, left, right
- 3 & 4            Turn 1/2 left and shuffle forward left, right, left
- 5 – 6            Step right foot forward, 1/2 turn left
- 7 & 8            Kick right foot forward, step right beside left, step left foot forward step left in place

**Sect – 8: STEP 1/4 TURN, RUN FORWARD 3X, MAMBO STEP, SHUFFLE 1/2**

- 1 – 2 Step right foot forward, 1/4 turn left, (weight on left)  
3 & 4 Run forward stepping right, left, right  
5 & 6 Rock left forward, recover right, step left foot back  
7 & 8 1/4 right step right to right, step left beside right, 1/4 right step right forward

**Part B: (32)**

**Sect – 1: ROCK-SIDE CROSS, ROCK-SIDE CROSS, STEP 1/2 TURN, LOCK-STEP FORWARD**

- 1 & 2 Rock left foot to left, recover right, cross left foot over right  
3 & 4 Rock right foot to right, recover left, cross right foot over left  
5 – 6 Step left foot forward, 1/2 turn right  
7 & 8 Step left forward, lock right behind left, step left forward

**Sect – 2: ROCK-SIDE CROSS, ROCK-SIDE CROSS, STEP 1/2 TURN, LEFT KICK-BALL-CHANGE**

- 1 & 2 Rock right foot to right, recover left, cross right foot over left  
3 & 4 Rock left foot to left, recover right, cross left foot over right  
5 – 6 Step right foot forward and 1/2 turn left (weight on right)  
7 & 8 Kick left forward forward, step left beside right, step right forward

**Sect – 3: PADDLE FULL TURN, STEP 1/2 TURN, CHASSE RIGHT**

- &1&2&3&4 1/4 left, point right to right, repeat count & 1 three more times to complete a full turn  
5 – 6 Step right foot forward, 1/2 turn left  
7 & 8 1/4 right step to right, step left beside right, step right to right

**Sect - 4: ROCK BACK, MAMBO STEP, FULL TURN, KICK-BALL CHANGE**

- 1 – 2 Rock left foot back, recover right  
3 & 4 Rock left forward, recover right, step left foot back  
5 – 6 1/2 turn right step right forward, 1 / 2 turn right step left back  
7 & 8 Kick right foot forward, step right beside left, step left foot next to right

**Repeat until 7th wall**

**After 6th wall at the end of the -B- section, left foot shall 'Touch' next to right instead of left foot 'Step' next to right.**

**- B – Section Restarts -**

**Contact: [coolaadde\\_fiol@live.se](mailto:coolaadde_fiol@live.se)**

**Last Revision - 3rd March 2013**

---