

Once More

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jan Brookfield (UK) - June 2019
音乐: Once More - Desert Rose Band



(Or version by The Kendalls 125 BPM)

NO TAGS OR RESTARTS, JUST AN EASY OPTIONAL ENDING WITH DESERT ROSE BAND TRACK

Section 1 : LEADING WITH RIGHT, WEAVE LEFT FOR 4 COUNTS, CROSS ROCK, RECOVER, STEP, HOLD (HANDS DOWN)

1,2,3,4 Step R across in front of L, step L to left side, step R behind L, step L to left side

5,6,7,8 Rock R across in front of L, recover onto L, step R to right side, hold

(hands palms down)

Section 2 : LEADING WITH LEFT, WEAVE RIGHT FOR 4 COUNTS, CROSS ROCK, RECOVER, STEP, HOLD (HANDS DOWN)

9,10,11,12 Step L across in front of R, step R to right side, step L behind R, step R to right side

13,14,15,16 Rock L across in front of R, recover onto R, step L to left side, hold

(hands palms down)

Section 3 : RUMBA BOX

17,18,19,20 Step R to right side, close L to R, step R forward, hold (or touch L next to R)

21,22,23,24 Step L to left side, close R to L, step L back, hold (or touch R next to L)

Section 4 : STEP BACK, TOUCH, STEP FORWARD, TOUCH; ROCK BACK, RECOVER, STEP FORWARD, STEP ¼ PIVOT TURN

25,26,27,28, Step R back, touch L next to R; step L forward, touch R next to L

29,30 Rock R back, recover forward onto L

31,32 Step R forward, making a quarter pivot left transfer weight onto L (9 o'clock)

NB. OPTIONAL ENDING for Desert Rose Band track :

On the 13th wall, facing the front, dance sections 1 and 2 up to count 13, then pause.

Point R out to right side, and slowly stretch arms out wide to both sides for the word "ONCE"; then bring R foot in to touch next to L, and bring arms across slowly to rest on front of chest for the word "MORE".