

One More Time

拍数: 32 墙数: 4 级数: Beginner
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音乐: One More Time - Rod Stewart



Dance starts when the heavy beat kicks in after 37 secs ...

Section 1 : WALK FORWARD x 2, KICK-STEP-POINT; STEP, TOUCH OUT, TOUCH IN, CHASSE RIGHT

1,2,3&4 Walk forward on R,L; kick R forward, step on R in place, point L to left side

&5,6 Step quickly on L in place, touch R out to right side, touch R in next to L,

**** Restart with Step Change : After 2 Walls, Facing 6 O'clock - See Below ****

7&8 Chasse right on R, L, R

Section 2 : SWAY x 2, CHASSE ¼ LEFT; ROCK FORWARD, RECOVER, STEP ½ TURN, STEP FORWARD

1,2,3&4 Step L to left side swaying hips left, recover weight onto R swaying hips right; chasse quarter turn left on L,R,L (facing 9 o'clock)

5,6,7,8 Rock R forward, recover onto L, step R forward making a half turn right, step L forward (facing 3 o'clock)

Section 3 : FORWARD, RECOVER, BACK SHUFFLE; BACK, RECOVER, FORWARD SHUFFLE

1,2,3&4 Rock R forward, recover onto L, shuffle back on R,L,R

5,6,7&8 Rock L back, recover onto R, shuffle forward on L,R,L

Section 4 : SIDE, HOLD, STEP, SIDE ROCK, RECOVER; JAZZ BOX

1,2&3,4 Step R to right side, hold, step L next to R; rock R to right side, recover onto L

5,6,7,8 Step R across L, step L back, step R to right side, step L next to R

****RESTART / STEP CHANGE (AFTER 2 WALLS, FACING 6 O'CLOCK)**

Dance Section 1 as far as count 6

Then substitute the 7&8 chasse right with :

7,8 TOUCH RIGHT OUT, TOUCH RIGHT IN

(THEN RESTART THE DANCE FROM SECTION 1)

Last Update - 27 Sept. 2021