

One More Time

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Do That to Me One More Time - Captain & Tennille



Intro: 32 Counts

FWD, HOLD & SHUFFLE FWD, FWD, RECOVER – 1/2L TOGETHER – FWD, RECOVER – 1/4R TOGETHER

1,2& Facing 1.30: Step R forward, Hold, Step L together
3&4 Shuffle forward Step: R-L-R
5,6& Step L forward, recover on R, 1/2L Step L together
7,8& Step R forward, recover back on L, 1/4R Step R together (10.30)

PIVOT TURN, 1/2R SHUFFLE BACK, SWEEP, SWEEP, SWEEP, 1/8 SIDE SHUFFLE

1,2 Step L forward, 1/2R Step R forward (4.30)
3&4 1/2R Shuffle back Step: L-R-L (10.30)
5,6,7 Sweep R back, Sweep L back, Sweep R back
8&1 1/8 L Side shuffle Step: L-R-L (9.00)

BACK , CROSS SHUFFLE, 1/4L STEP BACK, 1/2L STEP FORWARD, PADDLE TURN

2,3&4 Step back on R, Shuffle L across in front of R Step: L-R-L
5-8 1/4L Step R back, 1/2L Step L Forward (12.00), Step R forward, 1/4L Step L to side (9.00)

CROSS SAMBA, CROSS, BACK, 1/4L SIDE SHUFFLE, CROSS, RECOVER &

1&2 Cross R over L, Step L to side, Recover R to side
3,4 Cross L over R, Step R back
5&6 1/4L Side Shuffle to L Step: L-R-L (6.00)
7,8& Cross Rock R over L, Recover on L, & Step R together (6.00)

FORWARD, FORWARD, FORWARD, RECOVER & PIVOT TURN, ROLL FORWARD

1,2 Step L forward, Step R forward
3,4& Step L forward, Recover on R, & Step L Together
5-8 Step R forward, 1/2L Step L forward, 1/2L Step R back, 1/2L Step L forward (12.00)

FORWARD, RECOVER & BACK, RECOVER & CROSS, SIDE, 1/4R SAILOR

1,2& Rock R forward, Recover on L, & Step R together
3,4& Rock L back, Recover on R, & Step L together
5,6 Cross R over L, Step L to side
7&8 Sailor Step turning 1/4R Step: R-L-R (3.00)

CROSS, HOLD & BEHIND, 1/4R FORWARD, FORWARD, FORWARD, QUICK PADDLE - ACROSS

1,2& Cross L over R, Hold, Step R to side
3-6 Step L behind R, 1/4R Step R forward, Step R forward, Step L Forward (6.00)
7&8 Step L forward, 1/4R Step R to side, Step L across (9.00)

SIDE, 1/4L SIDE, CROSS SHUFFLE, 1/8R STEP L BACK, TOGETHER, SHUFFLE FORWARD

1,2 Step R to side, 1/4L Step L to side (6.00)
3&4 Shuffle R across in front of L Step: R-L-R
5,6 1/8R Step L back, Step R together
7&8 Shuffle forward Step: L-R-L (7.30)

TAG: At the end of WALL 1 add the following Tag facing 7.30

1,2	Step R forward, 1/2L Step L forward
3&4	Shuffle forward Step: R-L-R
5,6	Step L forward, 1/2R Step R forward
7&8	Shuffle forward Step: L-R-L (7.30)

Please feel free to copy this sheet provided that no changes are made to the original sheet.
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