

One More Time

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Vera Fisher (UK) & Teresa Lawrence (UK)
音乐: Baby One More Time - Britney Spears



Sequence: A,B,A,A,B,A,A,B, then carry on the dance with section A. When using any track other than Baby One More Time, omit section B. If using Baby One More Time, at end of track punch right fist into air on the last beat of the music.

SECTION A

LOCK STEPS, ½ TURN RIGHT, COASTER STEP

- 1 Step forward on right
- 2 Lock left behind right
- 3&4 Step forward on right, lock left behind right, step forward on right
- 5 Step left to left side
- 6 Keeping weight on left make ½ turn right & step right to right side
- 7&8 Coaster step left-right-left

SAILOR STEPS, HOLD, HIP BUMPS

- 1&2 Cross right behind left, step left to left side, step right to right side
- 3&4 Cross left behind right, step right to right side, step left to left side
- 5 Lean weight over onto right (for attitude, fold arms across chest & look to the left)
- 6 Hold
- 7&8 Hip bumps left-right-left (you can replace with 2 count body roll)

2 WALKS FORWARD, SHUFFLE BACK, HIP BUMPS

- 1 Step right forward
- 2 Step left forward
- 3&4 Shuffle back right-left-right
- 5&6&7&8 Hip bumps left-right-left-right-left-right-left (try replacing with 2 snake rolls)

STOMPS, ¼ TURN HEEL BOUNCES, HEEL JACK, HIP BUMPS

- 1 Stomp right forward
- 2 Stomp left behind right
- 3&4 Making ¼ turn left, bounce heels 3 times
- &5&6 Step back on right, dig left heel forward. Step left in place, step right beside left
- 7&8 Hip bumps left-right-left

SECTION B

SIDE STEP, CHASSE, HIP BOUNCES

- 1 Step right to right side
- 2 Step left behind right
- 3&4 Chasse to right, (right to right side, left next to right, right to right side)
- 5&6&7&8 Rotate hip to the right doing small bouncing movements (by raising heels up & down)
- 9-16 Repeat above 8 counts going to the left, do hip bumps to the left (you can replace hip bounces with snake rolls)