

# One More Time

**COPPERKNOB**  
STEPSHEETS

拍数: 52      墙数: 1      级数: Intermediate  
编舞者: Ursala  
音乐: Baby One More Time - Britney Spears



## SYNCOPATED HEEL SWITCHES, ROCK FORWARD & BACK & ½ TURN RIGHT

1&2      Tap right heel forward, quickly replace and tap left heel forward  
&3      Quickly replace left heel and tap right heel forward  
&4      Quickly replace right heel and tap left heel forward  
&5      Quickly replace left heel and rock forward onto right foot  
6      Rock back onto left  
7&8      Triple turn ½ turn right stepping right, left, right

## ROCKS FORWARD & BACK, ¾ TURN LEFT

9-10      Rock forward on left, rock back on right  
11&12      Triple ¾ turn to left stepping left, right, left

## SIDE STEPS, ROCKS BACK & FORWARD, STEP FORWARD LEFT ½ TURN RIGHT

13-14      Step right to right side, close left beside right  
15&16      Step right to right side, close left beside right, step right to right side  
17-18      Rock back on left, rock forward onto right  
19-20      Step left forward, pivot ½ turn right

## SIDE STEPS, ROCKS BACK & FORWARD, STEP FORWARD RIGHT ½ TURN LEFT

21-22      Step left to left side, close right beside left  
23&24      Step left to left side, close right beside left, step left to left side  
25-26      Rock back on right, rock forward onto left  
27-28      Step right forward, pivot ½ turn left

## ROCKS FORWARD & BACK & FORWARD, ¼ TURN LEFT

29&30      Rock forward onto right, rock back onto left, rock back onto right  
&31      Rock forward onto left, rock forward onto right  
&      On balls of feet swivel heels to right making ¼ turn left  
32      Swivel both heels left

## TRAVELING LEFT TOE AND HEEL SWIVELS

33-34      Swivel toes left, swivel heels left  
35&36      Swivel left toes, heels, toes

## SYNCOPATED TOE & HEEL TOUCHES

37&38      Tap left toe to left side, replace next to right foot, tap right toe out to right side  
39&40      Replace right next to left, tap left heel forward  
41&42      Replace left next to right, tap right heel forward

## KICK BALL STEP

&      Replace right next to left  
43&44      Kick left forward, step on ball of left foot, step right foot forward

## LEFT FORWARD SHUFFLE, HIP BUMPS, KICK, CROSS UNWIND & CLAP

45&46      Left shuffle  
47-48      Step right to right side bumping hips double - right, left

49-50 Kick right foot forward, cross right over left  
51-52 Unwind  $\frac{1}{2}$  turn left, clap hands

**REPEAT**

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