

One More Time

COPPER KNOB
BY STEPHEN HETS

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Vera Esman (NL) - October 2012
音乐: Break Each Other's Hearts Again - Reba McEntire & Don Henley : (Album: Reba Duets)



16 counts intro

Section 1: Basic Night Club Right, Basic Night Club Left, Step, Step, Pivot ½ Turn, ½ Turn Sweep, Behind, Side

1,2& Big step to the right on R, rock L behind R, recover on R
3,4& Big step to the left on L, rock R behind L, recover on L
5 Step forward on R
6&7 Step fwd on L, turn ½ right (weight on R), turn ½ right step back on L (sweep R around)
8& Cross R behind L, step L to the left

(During wall 3, make instead of cross behind, side – back rock, recover, and Restart the dance)

Section 2: Cross, Side Rock, Recover, Step, Lock, Step, Lock, Step, Rock fwd., Recover, Step Back, Coaster Step

1,2& Cross R over L, rock to the left on L, recover on R
3& Step fwd. on L, lock R behind L
4&5 Step fwd. on L, lock R behind L, step fwd on L
6&7 Rock fwd on R, recover on L, big step back on R, drag L towards R
8&1 Step back on L, step R beside L, step fwd on L

Section 3: Step, ¼ Turn, Cross, ¼ Turn, ¼ Turn, Step fwd, Walk, Walk, Cross Rock, Recover, Side

2&3 Step fwd on R, turn ¼ left (weight on L), cross R over L
4&5 Turn ¼ right step back on L, turn ¼ right step R to the right, step fwd on L

(During wall 6 add an extra cross rock on R, recover on L and restart the dance)

6-7 Step fwd on R, step fwd on L
8&1 Cross rock R over L, recover on L, big step to the right on R

Section 4: Rock, Recover, ¼ Turn, ¼ Turn Sweep, Back Rock, Recover, Step, Step, ½ Turn, ½ Turn, Rock, Recover

2&3 Rock back on L, recover on R, turn ¼ right step back on L
4&5 Keep weight on L turn ¼ right sweeping R around and rock back on R, recover on L, step fwd on R
6 Step fwd on L
7&8& Turn ½ left step back on R, turn ½ left step fwd on L, cross rock R over L, recover on L

Start again

There are 2 restarts, the music will tell you:-

First restart: During wall 3, in the first section replace the counts 8& for rock behind, recover and start again

Second restart: During wall 6, in section 3 after counts 4&5, add an extra cross rock, recover and start again

Contact - www.angelstars.nl