

Once More

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: High Beginner
编舞者: Denise Smith (AUS) & Steven Shorey (AUS) - June 2014
音乐: Love Me One More Time by Nathan Carter



Starts on Lyrics

SIDE, TOGETHER, SHUFFLE BACK, SIDE, TOGETHER, SHUFFLE FORWARD

1,2 Step R to right, Step L beside R
3&4 Step R back, Step L beside R, Step R back
5,6 Step L to left, Step R beside L
7&8 Step L forward, Step R beside L, Step L forward

ROCK FORWARD, RECOVER, SHUFFLE 1/2 RIGHT, SHUFFLE 1/2 RIGHT, ROCK BACK, RECOVER

1,2 Rock R forward, Recover onto L
3&4 Turn ¼ right step R to right, Step L beside R, Turn ¼ right step R forward
5&6 Turn ¼ right step L to left, Step R beside L, Turn ¼ right step L back
7,8 Rock R back, Recover onto L

RESTART: Wall 3

JAZZ BOX 1/4 RIGHT, FORWARD, JAZZ BOX 1/4 RIGHT, FORWARD

1-4 Cross R over L, Step L back, Turn ¼ right step R to right, Step L forward
5-8 Cross R over L, Step L back, Turn ¼ right step R to right, Step L forward

TOE STRUT, TOE STRUT, TOE STRUT, TOE STRUT

1-4 Touch R toe forward, Drop R heel, Touch L toe forward, Drop L heel
5-8 Touch R toe forward, Drop R heel, Touch L toe forward, Drop L heel

WEAVE LEFT, SIDE, TOGETHER, TWIST HEELS RIGHT, TOES RIGHT, HEELS RIGHT

1-4 Cross R over L, Step L to left, Step R behind L, Step L to left
5-8 Step R beside L, Twist heels right, Toes right, Heels right (weight on R)

WEAVE RIGHT, SIDE, TOGETHER, TWIST HEELS LEFT, TOES LEFT, HEELS LEFT

1-4 Cross L over R, Step R to right, Step L behind R, Step R to right
5-8 Step L beside R, Twist heels left, Toes left, Heels left (weight on L)

MAMBO FORWARD, HOLD, COASTER BACK, SCUFF

1-4 Rock R forward, Recover onto L, Step R back, Hold
5-8 Step L back, Step R beside L, Step L forward, Scuff R forward

STEP, LOCK, STEP, SCUFF, STEP, LOCK, STEP, TOUCH

1-4 Step R forward, Lock L behind R, Step R forward, Scuff L forward
5-8 Step L forward, Lock R behind L, Step L forward, Touch R beside L

[64] □ REPEAT

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