

# One More Time

**COPPER** **KNOB**  
BY STEPHENETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Ann-Kristin Sandberg (NOR) - September 2014  
音樂: Olé - Adelen : (iTunes)



**INTRO: 32 counts (15 sec)**

**WALK x 2-SHUFFLE-STEP-PIVOT ½ TURN R-STEP-PIVOT ½ TURN R**

1-2            Step right foot forw, Step left foot forw  
3&4           Step right foot forw, Step left next to right, Step right foot forw  
5-6           Step left forw, Pivot ½ turn right stepping right forw (06)  
7-8           Step left forw, Pivot ½ turn right stepping right forw (12)

**JUMP DIAGONAL FORW L-HOLD-JUMP DIAGONAL FORW R-HOLD-OUT-OUT-BACK-BESIDE**

&1-2           Step left diagonal forw to left, Touch right next to left, Hold  
&3-4           Step right diagonal forw to right, Touch left next to right, Hold  
5-6           Step left to left side, Step right to right side  
7-8           Step left back, Step right next to left

**(OPTION ARMS on count 5-6-7-8 : Arms up & wave from side to side...L-R-L-R)  
(Instead of jumps..do Step,touch on count 1-2-3-4)**

**ROCK RECOVER-CROSS SHUFFLE-ROCK RECOVER-CROSS SHUFFLE**

1-2           Step left to left side, Recover onto right  
3&4           Cross left over right, Step right to right side, Cross left over right  
5-6           Step right to right side, Recover onto left  
7&8           Cross right over left, Step left to left side, Cross right over left

**ROCK RECOVER-1/4 TURN L-STEP BACK-TOUCH BACK-FORW-TOUCH-FORW-TOUCH**

1-2           Step left to left side, Recover onto right  
3-4           ¼ turn left stepping left back, Touch right toe back (09)  
5-6           Step right diagonal forw to right, Touch left next to right  
7-8           Step left diagonal forw to left, Touch right next to left

**ENJOY & MOVE YOUR BODY TO THE MUSIC!!**

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