

# One More Dance

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Marja Urgert (NL) & Jan Van Tiggelen (NL) - January 2019  
音樂: One More Dance - Smokie



## Intro: 16 Counts

### Sec 1: Step To R, Step Together, Chasse, Cross Rock, Recover, Chasse 1/4 Turn L

1-2            RF. step to R side - LF. Step together  
3&4           RF. step to R side - LF. Step together - RF. step to R side  
5-6           LF. Cross rock over RF - RF. Recover  
7&8           LF. Step to L side - RF. Step together - LF. 1/4 Turn L step fwd (9:00)

### Sec 2: Rock fwd, Recover, Shuffle fwd, Rock fwd, Recover, Shuffle 1/2 Turn L

1-2            RF. Rock fwd - LF. Recover  
3&4           RF. Step fwd - LF. Step together - RF. Step fwd  
5-6           LF. Rock fwd - RF. Recover  
7&8           Shuffle 1/2 turn L, stepping L,R,L (3:00)

### Sec 3: Side, Together, Back Shuffle, Side, Together, Shuffle fwd

1-2            RF. Step to L side - LF. Step together  
3&4           RF. Step back - LF. Step together - RF. Step back  
5-6           LF. Step to R side - RF. Step together  
7&8           LF. Step fwd - RF. Step together - LF. Step fwd

### Sec 4: Sway R,L, Chasse, 1/2 Turn R, Cross Rock Behind, Recover

1-2            RF. Step to R side sway hips to R - Sway hips to L  
3&4           RF. Step to R side - LF. Step together - RF. Step to R side  
5-6-7        LF. Cross behind RF - RF. 1/4 Turn R step fwd - LF. 1/4 Turn R step to L side (9:00)  
8&            RF. Cross rock behind LF - LF. Recover

## Start Again

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