

One More

拍數: 32 牆數: 4 級數: Improver
編舞者: Iris Wolff (DE) - August 2021
音樂: One More - Clay Walker : (CD: Texas To Tennessee)



Start dancing after 16 counts on lyrics.

CHASSÉ R, BACK ROCK, TURN SHUFFLE ½ R, BACK ROCK

1&2 Step R to the right, step L next to R, step R to the right
3-4 Step L back, weight back on R
5&6 Turn L ¼ to the right, step R beside L, turn L ¼ to the right (6:00)
7-8 Step R back, weight back on L

POINT, CROSS, (&) HEEL LIFTS ¼ TURN L 2X, STEP R FWD, PIVOT ½ L, KICK-BALL-STOMP

1-2 Point R to right, cross R over L
&3 Lift up on toes with ⅛ turn left & tap heels on floor (4:30)
&4 Lift up on toes with ⅛ turn left & tap heels on floor (3:00)
5-6 Step R forward, turn ½ left on both balls (9:00)
7&8 Kick R forward, right ball next to L, stomp L on place

CHASSÉ ¼ TURN R, CROSS OVER R, TURN ¼ R, CROSS SHUFFLE TO R, SIDE ROCK

1&2 Step R to the right, step L next to R, turn R ¼ to the right (12:00)
3-4 Cross L over R, turn ¼ to right on both balls (weight on R) (3:00)
5&6 Cross L over R, step R to right, cross L over R
7-8 Step R to the right, weight back on L

SAILOR TURN ¼ R, L ¼ PADDLE TURN R 2X, L COASTER STEP, SWAY-SWAY WITH ¼ TURN L

1&2 Step R back with ¼ turn right (6:00), step L next to R, step R on place
3 Step left toe forward and turn ¼ right (9:00) on both balls
4 Step left toe forward and turn ¼ right (12:00) on both balls
5&6 Step L back, step R next to L, step L forward
7-8 Turn R ¼ to the left and swing the hips to the right and the left

Start dance over.

TAG 1: After the 2nd wall (6:00) = 8 counts

HEEL & TOE TOUCHES RIGHT & LEFT 2X

1&2 Touch right heel forward, step R together, touch left toe together
3&4 Touch left heel forward, step L together, touch right toe together
5-8 Repeat 1-4

TAG 2: After the 4th wall (12:00) = 16 counts

SHUFFLE R FWD, STEP FWD, PIVOT ½ R, SHUFFLE L FWD, STEP FWD, PIVOT ½ L

1&2 Step R forward, step L next to R, step R forward
3-4 Step L forward, ½ turn to right on both balls (6:00)
5&6 Step L forward, step R next to L, step L forward
7-8 Step R forward, ½ turn to left on both balls (12:00)

CHASSÉ R, BACK ROCK, CHASSÉ L, BACK ROCK

1&2 Step R to right side, step L next to R, step R to right
3-4 Step L back, weight back on R
5&6 Step L to left side, step R next to L, step L to left
7-8 Step R back, weight back on L

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