

One More Time

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK), Peter Metelnick (UK) & Jo Kinser (UK) - September 2021
音樂: One More Time - Rod Stewart



Start after 16 count intro on the word 'colour' as he sings 'It's not the colour! - approx. 8 secs -
Music - 3mins 58 secs - 127bpm - Available: Amazon

[1-8] R side, L touch, L kick ball cross, L side rock/recover, L cross shuffle

1-2 Step R side, touch L together
3&4 Kick L on left diagonal, step L back, cross step R over L
5-6 Rock L side, recover weight on R turning body slightly to right diagonal
7&8 Cross step L over R, step R side, cross step L over R

WALL 3 RESTART: Complete first 8 counts and restart the dance facing front wall

[9-16] Grapevine cross R, R side rock/recover, R behind, ¼ L, L fwd, R fwd

1-4 Step R side, cross step L behind R, step R side, cross step L over R
5-6 Rock R side, recover weight on L
7&8 Cross step R behind L, turning ¼ left step L forward, step R forward (9 o'clock)

[17-24] L fwd rock/recover, L back, hold, & R ball step back, R rock back/recover, R fwd

1-4 Rock L forward, recover weight on R, step L back, hold
8&5-8 Step R back, step L back, rock R back, recover weight on L, step R forward

[25-32] L side, hold, R together, L side, hold, R together, L side, R touch, ¼ R, R fwd, ½ R, L back

1-2& Step L side, hold, step R together
3-4& Step L side, hold, step R together
5-6 Step L side, touch R together
7-8 Turning ¼ right step R forward, turning ½ right step L back (6 o'clock)

Ending: Dance first 32 counts you will end facing front and simply step back on right & strike a pose!

[33-40] ¼ R, R chassé, R weave 2, ¼ L toaster step, walk fwd R/L

1&2 Turning ¼ right step R to right side, L together, step R to right side (9 o'clock)
3-4 Cross step L over R, step R side
5&6 Turning ¼ left step L back, step R together, step L forward (6 o'clock)
7-8 Step R forward, step L forward

[41-48] R fwd, ¼ L pivot turn, R vaudeville step, R behind, L side, R cross over, ¼ L, L fwd

1-2 Step R forward, pivot ¼ left (3 o'clock)
3&4 Cross step R over L, step L back, touch R heel forward on right diagonal (body on slight right diagonal)
5-8 Cross step R behind L, step L side, cross step R over L, turning ¼ left step L forward (12 o'clock)

[49-56] R fwd, ¼ L pivot turn, R vaudeville step, R behind, ¼ L, walk fwd R/L (optional full L turn)

1-2 Step R forward, pivot ¼ left (9 o'clock)
3&4 Cross step R over L, step L back, touch R heel forward on right diagonal (body on slight right diagonal)
5-8 Cross step R behind L, turning ¼ left step L forward, step R forward, step L forward (6 o'clock)

Turning option counts 7-8: Turning ½ left step R back, turning ½ left step L forward

[57-64] R fwd, ½ L pivot turn, R forward, ½ L pivot turn, R jazz box cross

1-4 Step R forward, pivot ½ left, step R forward, pivot ½ left (6 o'clock)

Non-turning option counts 1-4: R rocking chair - rock R forward, recover on L, rock R back, recover on L

5-8 Cross step R over L, step L back, step R side, cross step L over R

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