

# 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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