

One More Time - Ooh Yeah

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Improver
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音樂: One More Time - Rod Stewart



Intro: 16 count Intro, starts on lyrics

Section 1: WALK, WALK, SHUFFLE, ROCK, RECOVER, ¼ SIDE SHUFFLE

1, 2 Walk fwd R, walk fwd L
3&4 Step R fwd, step L together, step R fwd
5, 6 Rock L fwd, recover Weight R
7&8 ¼ L step L to L, step R together, step L to L (9.00)
(count 7&8: Optional 1 ¼ triple turn)

Section 2: ¼ JAZZ BOX, ¼ JAZZ BOX

1, 2 Cross R over L, ¼ R step L back (12.00)
3, 4 Step R to R, step L together
5, 6 Cross R over L, ¼ R step L back (3.00)
7, 8 Step R to R, step L together

Section 3: CROSS WEAVE, CROSS ROCK, RECOVER, ¼ SHUFFLE FWD

1, 2 Cross R over L, step L to L
3, 4 Step R behind L, step L to L
5, 6 Cross Rock R over L, recover weight L
7&8 ¼ R step R fwd, step L together, step R fwd (6.00)

Section 4: ½ SHUFFLE BACK, R COASTER, WALK, ¼ SIDE, L COASTER

1&2 ½ R step L back, step R together, step L back (12.00)
3&4 Step R back, step L together, step R fwd
5, 6 Walk fwd L, ¼ L step R to R (9.00)
7&8 Step L back, step R together, step L fwd

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Tag: End of Wall 4 add the following 8 counts:

ROCK RECOVER, R COASTER, ROCK RECOVER, L COASTER

1,2,3&4 Rock R fwd, recover weight L, step R back, step L together, step R fwd
5,6,7&8 Rock L fwd, recover weight R, step L back, step R together, step L fwd

Finish: Change the last coaster to a ¼ coaster to front then stomp R foot

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