

One More Time

COPPER KNOB
STEPSHETS

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



Intro : 16 counts

STEP R, STEP L, KICK BALL STEP, ROCK STEP, COASTER STEP

1-2 Step R fwd, Step L fwd
3&4 Kick R fwd, Step R next to L, Step L fwd
5-6 Rock fwd on R, Recover on L
7&8 Step back on R, Step L next to R, Step fwd on R

STEP L, STEP R, KICK BALL STEP, ROCK STEP, COASTER STEP

1-2 Step L fwd, Step R fwd
3&4 Kick L fwd, Step L next to R, Step R fwd
5-6 Rock fwd on L, Recover on R
7&8 Step back on L, Step R next to L, Step fwd on L

SIDE, BEHIND, CHASSE R, CROSS ROCK, CHASSE ¼ TURN L

1-2 Step R on R side, Cross L behind R
3&4 Step R on R side, Step L next to R, Step R on R side
5-6 Cross L over R, Recover on R
7&8 ¼ turn L stepping L fwd, Step R next to L, Step L fwd 9h

STEP R, POINT L, STEP L, POINT R, JAZZ BOX

1-2 Step R fwd, Point L to L side
3-4 Step L fwd, Point R to R side
5-6 Cross R over L, Step back on L 7-8 Step R to R side, Step L fwd

Tag : At the end of wall 4 (Start 3h), facing 12h, add 8 counts :

1-2 Heel R fwd, Together
3-4 Heel L fwd, Together
5-6 Point R to R side, Together
7-8 Point L to L side, Together

Bonne danse !! countrysn10@free.fr / lcl78@gmail.com