

# One More Time

**COPPER KNOB**  
STEPPERS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Joy McIntosh (AUS) - June 2022  
音樂: Do That to Me One More Time - Captain & Tennille



**Intro: 32 Counts**

## **FWD, HOLD & SHUFFLE FWD, FWD, RECOVER – 1/2L TOGETHER – FWD, RECOVER – 1/4R TOGETHER**

1,2&      Facing 1.30: Step R forward, Hold, Step L together  
3&4      Shuffle forward Step: R-L-R  
5,6&      Step L forward, recover on R, 1/2L Step L together  
7,8&      Step R forward, recover back on L, 1/4R Step R together (10.30)

## **PIVOT TURN, 1/2R SHUFFLE BACK, SWEEP, SWEEP, SWEEP, 1/8 SIDE SHUFFLE**

1,2      Step L forward, 1/2R Step R forward (4.30)  
3&4      1/2R Shuffle back Step: L-R-L (10.30)  
5,6,7      Sweep R back, Sweep L back, Sweep R back  
8&1      1/8 L Side shuffle Step: L-R-L (9.00)

## **BACK , CROSS SHUFFLE, 1/4L STEP BACK, 1/2L STEP FORWARD, PADDLE TURN**

2,3&4      Step back on R, Shuffle L across in front of R Step: L-R-L  
5-8      1/4L Step R back, 1/2L Step L Forward (12.00), Step R forward, 1/4L Step L to side (9.00)

## **CROSS SAMBA, CROSS, BACK, 1/4L SIDE SHUFFLE, CROSS, RECOVER &**

1&2      Cross R over L, Step L to side, Recover R to side  
3,4      Cross L over R, Step R back  
5&6      1/4L Side Shuffle to L Step: L-R-L (6.00)  
7,8&      Cross Rock R over L, Recover on L, & Step R together (6.00)

## **FORWARD, FORWARD, FORWARD, RECOVER & PIVOT TURN, ROLL FORWARD**

1,2      Step L forward, Step R forward  
3,4&      Step L forward, Recover on R, & Step L Together  
5-8      Step R forward, 1/2L Step L forward, 1/2L Step R back, 1/2L Step L forward (12.00)

## **FORWARD, RECOVER & BACK, RECOVER & CROSS, SIDE, 1/4R SAILOR**

1,2&      Rock R forward, Recover on L, & Step R together  
3,4&      Rock L back, Recover on R, & Step L together  
5,6      Cross R over L, Step L to side  
7&8      Sailor Step turning 1/4R Step: R-L-R (3.00)

## **CROSS, HOLD & BEHIND, 1/4R FORWARD, FORWARD, FORWARD, QUICK PADDLE - ACROSS**

1,2&      Cross L over R, Hold, Step R to side  
3-6      Step L behind R, 1/4R Step R forward, Step R forward, Step L Forward (6.00)  
7&8      Step L forward, 1/4R Step R to side, Step L across (9.00)

## **SIDE, 1/4L SIDE, CROSS SHUFFLE, 1/8R STEP L BACK, TOGETHER, SHUFFLE FORWARD**

1,2      Step R to side, 1/4L Step L to side (6.00)  
3&4      Shuffle R across in front of L Step: R-L-R  
5,6      1/8R Step L back, Step R together  
7&8      Shuffle forward Step: L-R-L (7.30)

**TAG: At the end of WALL 1 add the following Tag facing 7.30**

1,2	Step R forward, 1/2L Step L forward
3&4	Shuffle forward Step: R-L-R
5,6	Step L forward, 1/2R Step R forward
7&8	Shuffle forward Step: L-R-L (7.30)

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