

One More

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Oli Geir (ICE)
音樂: If I Ain't Got You - Trisha Yearwood



SAILOR LEFT, SAILOR RIGHT, STEP, KICK, COASTER STEP

1&2 Step left behind right, step right to side, step left in place
3&4 Step right behind left, step left to side, step right in place
5-6 Step forward on left, kick right forward
7&8 Step back on right, step left beside right, step forward on right

HITCH, STEP, TOUCH, KICK BALL CHANGE, PIVOT ½ TURN LEFT

1-2 Left knee hitch, step forward on left
3-4 Touch right forward, touch right back
5&6 Kick right forward, step right beside left, step left in place
7-8 Step forward on right and pivot ½ turn to left, rock forward in to left

PIVOT ¼ TURN LEFT, SLIDE, TOUCH, SYNCOPATED CHASSE LEFT, TOUCH

1 Pivot ¼ to left on ball of left and step right to side a long step
2-4 Drag left to touch beside right over three counts
5& Step left to side, step right beside left
6& Step left to side, step right beside left
7-8 Step left to side, touch right beside left

WEAVE LEFT, STEP ¼ TURN LEFT, WEAVE RIGHT

1-2 Step right to side, step forward left across right
3-4 Step right to side, steps left back and turn ¼ to left
5-6 Step forward right across left, step left to side
7-8 Step right behind left, step left to side

SAILOR RIGHT, SAILOR ¼ TURN LEFT, JUMP FORWARD, CLAP HANDS 2X

1&2 Step right behind left, step left to side, step right in place
3&4 Step left behind right, step right to side and turn ¼ to left, step left in place
5-6 Jump forward, hold and clap hands
7-8 Jump forward, hold and clap hands

JUMP BACK AND CLAP 2X, SLIDE, HOLD AND CLICK, PIVOT ½ TURN LEFT, HOLD, CLAP

1-2 Jump back, hold and clap hands
3-4 Jump back, hold and clap hands
5-6 Step left to side along step, hold and click fingers in head level
7-8 Right closed to left and pivot ½ turn to left, hold and clap hands

SLIDE, HOLD AND CLICK, PIVOT ½ TURN LEFT, HEEL TOUCH, STEP ¼ TURN LEFT

1-2 Step left to side along step, hold and click fingers in head level
3-4 Right closed to left and pivot ½ turn to left, hold and clap hands
5& Touch left heel forward, step left beside right
6& Touch right heel forward, step right beside left
7-8 Step forward on left, step right beside left and turn ¼ to left

HEEL TOUCH, STEP, HEEL, STEP ¼ TURN LEFT, GRAPEVINE LEFT

1& Touch left heel forward, step left beside right

2& Touch right heel forward, step right beside left
3-4 Step forward on left, step right beside left and turn $\frac{1}{4}$ to left
5-6 Step left to side, step right behind left
7-8 Step left to side, rock in to right

REPEAT
