

One More Time

拍數: 52 牆數: 1 級數: Intermediate
編舞者: Ursala
音樂: Baby One More Time - Britney Spears



SYNCOPATED HEEL SWITCHES, ROCK FORWARD & BACK & ½ TURN RIGHT

1&2 Tap right heel forward, quickly replace and tap left heel forward
&3 Quickly replace left heel and tap right heel forward
&4 Quickly replace right heel and tap left heel forward
&5 Quickly replace left heel and rock forward onto right foot
6 Rock back onto left
7&8 Triple turn ½ turn right stepping right, left, right

ROCKS FORWARD & BACK, ¾ TURN LEFT

9-10 Rock forward on left, rock back on right
11&12 Triple ¾ turn to left stepping left, right, left

SIDE STEPS, ROCKS BACK & FORWARD, STEP FORWARD LEFT ½ TURN RIGHT

13-14 Step right to right side, close left beside right
15&16 Step right to right side, close left beside right, step right to right side
17-18 Rock back on left, rock forward onto right
19-20 Step left forward, pivot ½ turn right

SIDE STEPS, ROCKS BACK & FORWARD, STEP FORWARD RIGHT ½ TURN LEFT

21-22 Step left to left side, close right beside left
23&24 Step left to left side, close right beside left, step left to left side
25-26 Rock back on right, rock forward onto left
27-28 Step right forward, pivot ½ turn left

ROCKS FORWARD & BACK & FORWARD, ¼ TURN LEFT

29&30 Rock forward onto right, rock back onto left, rock back onto right
&31 Rock forward onto left, rock forward onto right
& On balls of feet swivel heels to right making ¼ turn left
32 Swivel both heels left

TRAVELING LEFT TOE AND HEEL SWIVELS

33-34 Swivel toes left, swivel heels left
35&36 Swivel left toes, heels, toes

SYNCOPATED TOE & HEEL TOUCHES

37&38 Tap left toe to left side, replace next to right foot, tap right toe out to right side
39&40 Replace right next to left, tap left heel forward
41&42 Replace left next to right, tap right heel forward

KICK BALL STEP

& Replace right next to left
43&44 Kick left forward, step on ball of left foot, step right foot forward

LEFT FORWARD SHUFFLE, HIP BUMPS, KICK, CROSS UNWIND & CLAP

45&46 Left shuffle
47-48 Step right to right side bumping hips double - right, left

49-50 Kick right foot forward, cross right over left
51-52 Unwind $\frac{1}{2}$ turn left, clap hands

REPEAT
