

One More Time

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Bob Boesel (USA)
音樂: Pour Me - Trick Pony



Sequence: ABB, ABB, BB, AB, A (first 24 counts only)

SECTION A

Phrasing tip: Section A always starts on "pour me".

STOMP, HOLD (X3), ½ TURN STOMP, HOLD (X3)

- 1-4 With weight on left, stomp right forward (1), hold (2), hold (3), hold (4)
5-8 With weight on right stomp left forward making ½ turn right (5), hold (6), hold (7), hold (8)

½ TURN STOMP, HOLD (X3), ¼ TURN, ROCK, ROCK, ¼ TURN

- 1-4 With weight on left, stomp right back making ½ turn right (1), hold (2), hold (3), hold (4)
5-8 Step forward on left making ¼ turn right, rock to side on right, rock to side on left, rock to side on right making a ¼ right

STEP, LOCK, STEP, BRUSH, STEP, LOCK, STEP, BRUSH

- 1-4 Step forward left, lock right behind left, step forward left, brush right
5-8 Step forward right, lock left behind right, step forward right, brush left

ROCK, RECOVER, TOUCH, TURN ½, STEP, TOUCH, STEP, PIVOT

- 1-4 Rock forward on left, recover weight right, touch left toe back (dig), turn ½ left onto left
5-8 Step forward on right, touch left beside right, step forward on left, pivot ½ right onto right

STEP, STEP, ROCK, RECOVER, STEP, STEP, ROCK, RECOVER

- 1-4 Step forward on left, step forward on right, rock back on left, rock forward on right
5-8 Step forward on left, step forward on right, rock back on left, rock forward on right

Repeat the mirror image of above steps for the rest of Section A

STOMP, HOLD (X3), ½ TURN STOMP, HOLD (X3)

- 1-4 With weight on right, stomp left forward (1), hold (2), hold (3), hold (4)
5-8 With weight on left stomp right forward making ½ turn left (5), hold (6), hold (7), hold (8)

½ TURN STOMP, HOLD (X3), ¼ TURN, ROCK, ROCK, ¼ TURN

- 1-4 With weight on right, stomp left back making ½ turn left (1), hold (2), hold (3), hold (4)
5-8 Step forward on right making ¼ turn left, rock to side on left, rock to side on right, rock to side on left making a ¼ left

STEP, LOCK, STEP, BRUSH, STEP, LOCK, STEP, BRUSH

- 1-4 Step forward right, lock left behind right, step forward right, brush left
5-8 Step forward left, lock right behind left, step forward left, brush right

ROCK, RECOVER, TOUCH, TURN ½, STEP, TOUCH, STEP, PIVOT

- 1-4 Rock forward on right, recover weight left, touch right toe back (dig), turn ½ right onto right
5-8 Step forward on left, touch right beside left, step forward on right, pivot ½ left onto left

STEP, STEP, ROCK, RECOVER, STEP, STEP, ROCK, RECOVER

- 1-4 Step forward on right, step forward on left, rock back on right, rock forward on left
5-8 Step forward on right, step forward on left, rock back on right, rock forward on left

SECTION B

¼ TURN LEFT TOE, HEEL STRUTS (X4)

- 1-4 Touch right toe forward into ¼ turn left, drop heel, touch left toe forward into ¼ turn left, drop heel
- 5-8 Touch right toe forward into ¼ turn left, drop heel, touch left toe forward into ¼ turn left, drop heel

Styling note: snap fingers on counts 2, 4, 6, 8

VINE RIGHT, KICK, STEP, STEP, KICK, ¼ TURN

- 1-4 Step to side on right, cross left behind right, step to side on right, kick left across right
- 5-8 Step side on left, step in place on right, kick left across right, step side on left into ¼ turn left

ROCK, RECOVER, ROCK, RECOVER (ROCKING CHAIR), STEP, STEP, ROCK, RECOVER

- 1-4 Rock forward on right, recover weight left, rock back on right, recover weight left
- 5-8 Step forward on right, step forward on left, rock forward on right, recover weight left

ROCK, RECOVER, ROCK, RECOVER, WEAVING VINE WITH ¼ TURN

- 1-4 Rock back on right, recover weight left, rock to side on right, recover weight left
- 5-8 Cross right over left, step to side on left, cross right behind left, step to side on left into ¼ turn left
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