

One More Time

拍數: 48 牆數: 4 級數: Improver
編舞者: Joe Steele (USA) & Trisha Sweeney (USA)
音樂: Baby One More Time - Britney Spears



STEP RIGHT FORWARD, HIP, HIP

1-2 Step right foot forward with 2 hip bumps forward, step left forward, hip, hip
3-4 Step left foot forward with 2 hip bumps forward, step right forward, hip, hip
5-6 Step right foot forward with 2 hip bumps forward, step left forward, hip, hip
7-8 Step left foot forward with 2 hip bumps forward

STEP OUT, CLAP, STEP IN, CLAP

& Step out with the right
9 Step out with the left
10 Clap
& Step in with right
11 Step in with left
12 Clap

KICK BALL CHANGE

13 Kick right foot forward
&14 Step on the ball of right foot next to left, change weight to left in place

STEP, PIVOT HALF TURN

15 Step forward on right
16 Pivot ½ turn left, changing weight to left foot

17-32 Repeat first 16 Steps

SYNCOPATED WEAVE RIGHT

33-34& Step right to right side, cross left behind right, step right to right side
35&36 Cross left over right, step right to right side, touch left heel to left side at a slight angle forward

VAUDEVILLES

&37 Step left in place, cross right over left
&38 Step left to left side, touch right heel to right side at a slight angle forward
&39 Step right in place, cross left over right
&40 Step right to right side, touch left heel to left side at a slight angle forward

SYNCOPATED FORWARD STEPS

& Step left beside right
41 Step right foot forward
42 Clap
& Slide left beside right
43 Step right foot forward
44 Clap

ROCK STEP FORWARD, CHA-CHA STEP WITH ¼ TURN TO LEFT

45 Rock forward on left
46 Recover on right
47 Step left with ¼ turn

& Step right foot beside left
48 Step left foot beside right (keeping weight on left)

REPEAT
