

One More!

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Barbara R. K. Wallace (CAN)
音樂: One More Day - Diamond Rio



RIGHT LOCK AND HOLD, LEFT LOCK AND HOLD, RIGHT BOX BACK

1-4 Step forward on right foot, lock left behind right, step forward on right foot, hold
5-8 Step forward on left foot, lock right behind left, step forward on left foot, hold
9-12 Step side right, step together on the left, step back on the right and hold
13-16 Step side left, step together on the right, step forward on the left and hold

WEAVE LEFT, RONDE, WEAVE RIGHT WITH ¼ TURN RIGHT, RIGHT MAMBO FORWARD, LEFT MAMBO BACK

17-20 Cross right over left, step side left, cross right behind left, sweep left toe in a semi-circle to the left
21-24 Finish sweep by stepping left foot down behind right foot, step side right, step forward on left foot as you make ¼ turn to the right
25-28 Rock forward on the right, recover weight on the left, step right beside left, hold
29-32 Rock back on the left, recover weight on the right, step left beside right, hold

HINGE STEPS TO RIGHT, ROCK BACK AND RECOVER, HINGE STEPS TO LEFT, ROCK BACK AND RECOVER

33-34 Step side right, hold
35-36 Make ½ turn right on ball of right foot and step left foot to left side, hold
37-38 Make ½ turn left on ball of left foot and step right foot to right side, hold
39-40 Rock back left, recover weight on right
41-42 Step side left, hold
43-44 Make ½ turn left on ball of left foot and step right foot to right side, hold
45-46 Make ½ turn right on ball of right foot and step left foot to left side, hold
47-48 Rock back right, recover weight on left

RIGHT VINE 3 AND HOLD, LEFT CUCARACHA, PIVOT AND STEP, HOLD, PIVOT AND STEP, HOLD

49-52 Step side right, step left behind, step side right, hold
53-56 Press and grind ball of left foot to left side, as if squishing a bug, as you lean your weight onto the left foot (two counts) recover on the right foot and step on left foot beside the right foot
57-60 Step forward on right foot, ½ pivot to the left, step forward on the right foot, hold
61-64 Step forward on left foot, ½ pivot to the right, step forward on left foot, hold

REPEAT

RESTART

During the third sequence, complete the first 28 counts then rock back on the left foot for an "&" count and start the dance again with the right lock forward

ENDING

Last sequence ends at the 9:00 wall. Do a slow right jazz box making a ¼ turn right to face the front wall