

One More Time

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate Rumba Rhythm
編舞者: Gordon Timms (UK) - August 2011
音樂: One More Time - Kenny G & Chante Moore : (CD: Paradise)



Start the dance on the vocals after 32 counts intro! Rumba Rhythm throughout is QQS

SECTION 1: Rock, Recover, ½ Turn Step, Step ½ Pivot Turn Right. Ball ¼ Turn Right, Step side Left.

- 1 - 2 Step forward on the right, recover weight back to the Left.
- 3 - 4 Make a ½ turn Right stepping forward with Right, Hold for one count.
- 5 - 6 Step forward with Left, Pivot ½ turn Right
- 7 - 8 On the ball of Right make a ¼ turn Right stepping Left to Left side. Hold for one count. [Faces 3.00]

SECTION 2: Rondé Right behind Left, Side, Cross , Rock and Sway, Recover, Step Back Behind

- 1 - 2 Rondé Right out and behind Left, Step Left to Left Side.
- 3 - 4 Cross Right over Left. Hold for one count.
- 5 - 6 Rock sway Left to Left Side, Recover weight on to Right
- 7 - 8 Step Left directly behind right. Hold for one count. [Faces 3.00]

SECTION 3: Step, Side, Step, Behind, Cross Rock, Recover, Step ¼ Turn Left.

- 1 - 2 Step Right to Right side, Step Left directly behind right.
- 3 - 4 Step Right to Right side, Hold for one count
- 5 - 6 Cross rock Left over Right, Recover weight on to Right
- 7 - 8 Turn ¼ Left Stepping forward slightly with the left. Hold for one count. [Faces 12.00]

SECTION 4: Basic Rumba Balance Steps... Diagonal Back and Forward.

- 1 - 2 Step forward on the right at 45° pushing right hip out, recover weight back on to Left
- 3 - 4 Rock weight back on to the right foot, Hold for one count.
- 5 - 6 Step back on Left at 45° pushing Left hip out, recover weight back on to Right.
- 7 - 8 Step Left slightly forward next to Right, Hold for one count. [Faces 12.00]

SECTION 5: Step ½ Pivot Turn Left. Ball ½ Turn Left, Step side Right, Rondé Left behind Right, Side, Cross

- 1 - 2 Step forward with Right, Pivot ½ turn Left
- 3 - 4 On the ball of Left make a ½ Turn Left stepping Right to Right side. Hold for one count.
- 5 - 6 Rondé Left out and behind Right, Step Right to Right Side
- 7 - 8 Cross Left over Right. Hold for one count. [Faces 12.00]

SECTION 6: Hinge ¼ Turn Left, Hinge ¼ Turn Left, New Yorker with a balance step.

- 1 - 2 Turn a ¼ Left on the ball of the Left foot, step Right back. (9.00)
- 3 - 4 Turn ¼ left (6.00) stepping Left forward, Step Right to Right side and Hold for one count
- 5 - 6 Turn a ¼ Right on the ball of the Right foot, step Left forward. (9.00)
- 7 - 8 Recover weight back on the Right, turn ½ Left (3.00) step Left forward and Hold [Faces 3.00]

SECTION 7: Rock Sway, Recover, Step, Side, Step, Behind, Step, Side, Step, Across, Turn ¼ Right Step.

- 1 - 2 Rock sway Right to Right Side, Recover weight on to Left
- 3 - 4 Step Right directly behind Left. Hold for one count..
- 5 - 6 Step Left to Left side, Step Right across over Left..
- 7 - 8 Turning ¼ turn Right, Step Left back slightly behind Right . Hold for one count [Faces 6.00]

(RESTART HERE)

SECTION 8 Basic Rumba Step Balance Steps.... To the Right and Left.

- 1 - 2 Roll back Right around behind Left, recover weight on to Left.

- 3 - 4 Step Right to Right side, Hold for one count.
- 5 - 6 Roll back Left around behind right, recover weight on to Right.
- 7 - 8 Step Left to Left side, Hold for one count. [Faces 6.00]

TAG: Back, Recover, Cross, Hold, Side, Recover, Back, Hold (Sliding Door)

- 1-2 Step right foot behind left foot, recover weight on left foot
- 3-4 Cross right foot in front of left foot, hold for one count!
- 5-6 Step left foot to left side (slightly diagonally forward), recover weight on right foot
- 7-8 Step left foot behind right foot, hold for one count!

TAGS / RESTARTS! On the end of the 1st wall... add the 8 count tag! (Makes it 72 counts)

At the end of the 2nd wall dance through to end of Section 7 (56 counts) - and restart the dance again!

Same sequence applies to the 3rd (72) and the 4th (56) walls....

From the 5th wall just keep dancing it through to the end as the music fades.

Last Revision on site – 7th August 2011
