

# One More Time

COPPERKNOB  
BY SHEETS

拍數: 32      牆數: 4      級數: Improver / Intermediate  
編舞者: Vera Esman (NL) - October 2012  
音樂: Break Each Other's Hearts Again - Reba McEntire & Don Henley : (Album: Reba Duets)



16 counts intro

## Section 1: Basic Night Club Right, Basic Night Club Left, Step, Step, Pivot ½ Turn, ½ Turn Sweep, Behind, Side

1,2&      Big step to the right on R, rock L behind R, recover on R  
3,4&      Big step to the left on L, rock R behind L, recover on L  
5          Step forward on R  
6&7      Step fwd on L, turn ½ right (weight on R), turn ½ right step back on L (sweep R around)  
8&      Cross R behind L, step L to the left

**(During wall 3, make instead of cross behind, side – back rock, recover, and Restart the dance)**

## Section 2: Cross, Side Rock, Recover, Step, Lock, Step, Lock, Step, Rock fwd., Recover, Step Back, Coaster Step

1,2&      Cross R over L, rock to the left on L, recover on R  
3&      Step fwd. on L, lock R behind L  
4&5      Step fwd. on L, lock R behind L, step fwd on L  
6&7      Rock fwd on R, recover on L, big step back on R, drag L towards R  
8&1      Step back on L, step R beside L, step fwd on L

## Section 3: Step, ¼ Turn, Cross, ¼ Turn, ¼ Turn, Step fwd, Walk, Walk, Cross Rock, Recover, Side

2&3      Step fwd on R, turn ¼ left (weight on L), cross R over L  
4&5      Turn ¼ right step back on L, turn ¼ right step R to the right, step fwd on L

**(During wall 6 add an extra cross rock on R, recover on L and restart the dance)**

6-7      Step fwd on R, step fwd on L  
8&1      Cross rock R over L, recover on L, big step to the right on R

## Section 4: Rock, Recover, ¼ Turn, ¼ Turn Sweep, Back Rock, Recover, Step, Step, ½ Turn, ½ Turn, Rock, Recover

2&3      Rock back on L, recover on R, turn ¼ right step back on L  
4&5      Keep weight on L turn ¼ right sweeping R around and rock back on R, recover on L, step fwd on R  
6          Step fwd on L  
7&8&      Turn ½ left step back on R, turn ½ left step fwd on L, cross rock R over L, recover on L

Start again

There are 2 restarts, the music will tell you:-

First restart: During wall 3, in the first section replace the counts 8& for rock behind, recover and start again

Second restart: During wall 6, in section 3 after counts 4&5, add an extra cross rock, recover and start again

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