

One More Time

24 Count, 4 Wall, Beginner

Choreographer: Jan Brookfield (UK) Mar 11

Choreographed to: Do That To Me One More Time by
The Captain & Tennille (96bpm)

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- 1-8 Step, Drag, Back Rock, Sway Hips, Chasse 1/4 Turn**
1-2 Long step L to side, drag R to L (keeping weight on L)
3-4 Rock back on R, recover onto L
5-6 Step R to side swaying hips right then left (weight on L)
7&8 Step R to side, close L to R, step R forward making 1/4 turn to right
- 9-16 Rock, Coaster Step, Rock, 1/2 Turn Shuffle**
1-2 Rock L forward, recover onto R
3&4 Step back on L, step R next to L, step forward on L
5-6 Rock R forward, recover onto L
7&8 Making 1/2 turn over right shoulder, shuffle forward on R,L,R
- 17-24 Rocking Chair, Step, Touch, Hip Bumps**
1-2 Rock L forward, recover onto R
3-4 Rock L back, recover onto R
5-6 Step L to side, touch R next to L
7&8 Step R to side bumping hips right, left, right (weight ends on R)
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