

# One More Time

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Ann-Kristin Sandberg (Norway) Sept-2014

**Music:** "Ole" by Adelen (3,19) iTunes

## **INTRO: 32 counts (15 sec)**

### **WALK x 2-SHUFFLE-STEP-PIVOT ½ TURN R-STEP-PIVOT ½ TURN R**

- 1-2**            Step right foot forw, Step left foot forw
- 3&4**           Step right foot forw, Step left next to right, Step right foot forw
- 5-6**           Step left forw, Pivot ½ turn right stepping right forw (06)
- 7-8**           Step left forw, Pivot ½ turn right stepping right forw (12)

### **JUMP DIAGONAL FORW L-HOLD-JUMP DIAGONAL FORW R-HOLD-OUT-OUT-BACK-BESIDE**

- &1-2**          Step left diagonal forw to left, Touch right next to left, Hold
- &3-4**          Step right diagonal forw to right, Touch left next to right, Hold
- 5-6**           Step left to left side, Step right to right side
- 7-8**           Step left back, Step right next to left

**(OPTION ARMS on count 5-6-7-8 : Arms up & wave from side to side...L-R-L-R)**

**(Instead of jumps..do Step,touch on count 1-2-3-4)**

### **ROCK RECOVER-CROSS SHUFFLE-ROCK RECOVER-CROSS SHUFFLE**

- 1-2**            Step left to left side, Recover onto right
- 3&4**           Cross left over right, Step right to right side, Cross left over right
- 5-6**           Step right to right side, Recover onto left
- 7&8**           Cross right over left, Step left to left side, Cross right over left

### **ROCK RECOVER-1/4 TURN L-STEP BACK-TOUCH BACK-FORW-TOUCH-FORW-TOUCH**

- 1-2**            Step left to left side, Recover onto right
- 3-4¼ turn left stepping left back, Touch right toe back (09)**
- 5-6**           Step right diagonal forw to right, Touch left next to right
- 7-8**           Step left diagonal forw to left, Touch right next to left

**ENJOY & MOVE YOUR BODY TO THE MUSIC!!**

**Contact: [anne88@online.no](mailto:anne88@online.no)**

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