

One More Time

拍数: 32 墙数: 4 级数: Intermediate House
编舞者: Amy Loring - August 2010
音乐: One More Time - Daft Punk



Heel jacks, right, left, into full house turns, right then left

- &1,&2 Prepare with a slight bend of knees with hips slightly forward on & feet in second, then spring forward with your right heel(&) then your left heel with a slight leaning forward of the body(1) (house jack) then place your right foot back in place then your left foot next to it. (&2)
- &3,&4 Repeat &1&2.
- 5&6 Prepare weight onto your left foot, make a reverse turn to your right whilst bouncing on the & count. Place your right foot to your right side on 6.
- 7&8 Prepare weight on your right foot and do the same but on the left for 7&8. Should end up facing front in parallel second.

Lazy sailor steps ¼ turn three struts forward, brush kick ¼

- 1&2 Step left foot behind right foot, step right to right side step left to left side
- 3&4 Repeat 1&2 but starting with right foot and as you step right foot to right side you make a ¼ turn to your left.
- 5,6,7 Step right foot forward to step left foot forward step right foot forward
- 8 Brush left foot to left side making a ¼ turn left whilst brushing left shoulder with right hand.

Step nod, brush nod house skates backwards

- 1,2 Step left to left side on 1 then nod head down on 2
- 3,4 Brush right foot to right side whilst brushing right shoulder with left hand step right foot to right side on 3, then nod with your head on 4.
- 5,6,7,8 Ronde your right foot behind your left foot making a semi circle shape with a slight bend of the left knee, leaning forward scooping your right hand across and up your chest as you would do if you were running put weight on to right foot and do the same with left then right again. Touch your right foot into place on 8.

House jack kick into lazy sailor step, reverse ¾ turn, heel & mambo step, bounce bounce

- 1&2 Step right to right side at the same time as kicking and hitching your left leg up whilst leaning into your thigh (like you have just been winded) scoop your arms up on either side of your legs. step left foot behind right step right to right side place left to left side, weight on left foot.
- 3&4 Your weights starting on left foot and your right foot meets your left whilst making a reverse pencil turn over your right shoulder to face 3 o clock. On 4th count your right touches next to your left.
- 5&6& Place right heel forward put into place weight on right foot. Mambo step to the left side with left foot (rocking your weight from left to right as your step to the left side)
- 7,8 Weight on right foot, place left foot next to right and bend your knees twice (two house jacks)
-