

"One More Time"

Choreo: Tandy Barrett - Lawrenceville, GA
 Record: Real McCoy CD "One More Time" or CASSINGLE

Int Line
 Time 3:59

Intro: 32 Beats after slow part

PART A ("One More Time")
 Run it DS DS DS Step (forward)
 Back L R L R
 Step (1/2 L) RS DSRS (forward)
 L RL R LR
 Disco Step Tch (OTS) Step Tch (OTS) (forward)
 L R R L
 Stomp Basic Stomp DSRS Kick
 Kick L R L

Repeat: Part A as written. (Remember repeat starts facing back of room)

PART B ("Rap")
 Rock and DS Step (xib) R S(xib) R S(xib) (to Left)
 Run L R L R L R
 &1 &2 & 3 & 4
 DS Step (xib) R S(xib) R S(xib) (to Left)
 L R L R L R
 &5 & 6 & 7 & 8
 Triple DS DS DS RS
 L
 Pivot Turn Step (1/2 R) Step Step (1/2 R) Step
 L R L R

Repeat: Part B - opposite foot & direction

PART C ("You Spin Me")
 Slur & Step (slur) Step(xib) DSRS
 Basic L (R) R L
 Push Off DS RS RS RS (1/2 R)
 Turn R
 Sailor DS (xib) RS DS (xib) RS
 Shuffles L R
 DS (xib) RS DS (xib) RS
 L R

Repeat: Part C as written

PART D ("Baby")
 Only DS DT Ball Ball Step (xib) SL (1/4 L)
 Wanna L R R L R R
 Fancy DS DS RS RS (in place)
 Double L

Repeat: Part D as written 3 more times

Sequence:

32 Beats after slow part
 A B C
 A D B C
 A A D C
 A A D C