

ONE MORE TIME

PRESENTED TO THE 11TH SOUTH AUSTRALIAN ROUND DANCE FESTIVAL , MARCH 2008

CHOREOGRAPHER

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RECORD

STAR 243B- AMAME UNA VES MAS

LEVEL

PH 111 + 2 RUMBA

FOOTWORK

Directions for man ,[W in parentheses]

SEQUENCE

INTRO – A- BRIDGE – B – C – D- END

INTRO

BFLY WALL , WAIT ;; SHLDR – SHLDR 2X- BFLY ;;

1-4

*Bfly wall , Wait ;;
Fwd L - bfly scar , rec R - fc , sd L ; fwd R to bjo rec L , sd R ;*

PART A

BASIC ;; FENCELINE 2X ;; CRAB WKS ;;

1-6

*Fwd L , Rec R , sd L ; bk R , rec L , sd R ;
X lunge thru L look in same direction , rec R , trng sd to fc sd L; X lunge thru R look in
same direction, rec L , trng sd to fc , sd R ;
[rev] xLif R , sd R , x L if R ; sd R x Lif R sd R ;*

BASIC;; BRK BK – OP LOD ; PROG WK 3 ;

7-10

*rpt meas 1-2 ;; bhnd L , to op lod rec fwd R , fwd L ;
fwd R , fwd L , fwd R ;*

SLIDE DOOR ; SLIDE DOOR ;

11-16

rk sd L ,release hands , rec R, xLif; rk sd R, rec L , x Rif;

CIRCLE AWY & TOG – BFLY ;; TIME STEPS 2X ;;

*circle awy from your ptnr fwd L turn , cl R, fwd L trng ; circle twd ptnr fwd R trng cl L
fwd R trng – fc - bfly ; release hds , x L bhd , rec R sd L ; xR bhnd rec L , sd R ;*

BRIDGE

CUCA L & R ;;

1-2

rk sd L , rec R , cl L ; rk sd R , rec L , cl R;

PART B

½ BASIC ;U/ARM TRN ; LARIAT ;; CRAB WKS – FC ;;

1-6

*fwd L , rec R , sd L; bk R rec L , sd R; [W X L in front under joined lead hands trng 1/2 R
fc x trn rec - fc ptnr ,[to man's R sd]] ;
step in place , L,R,L ; R,L,R; [W circle M clockwise w/ joined lead hds fwd R, fwd L ,
fwd R ,fwd L , fwd R trng to fc sd L - bfly]; rpt meas 5-6 part A;;*

BASIC;; HAND - HAND 2X ;; NYKRS 2X - FC ;;

7-12

*Rpt meas 1-2 ,part ;; bhd L rec R , sd L; bhd R rec L , sd R ;
Thru L , w/ straight leg to sd by sd pos , rec R to fc, sd L; thru R to sd by sd pos, rec L
to fc , sd R - fc;*

13-16

SPOT TRNS 2X – FC ;; SD WKS ;;

[rlod] x trn rec , sd L ; x trn rec , sd R ; sd L, cl R, sd L ; cl R, sd L, cl R;

1-6

PART C

CIRCLE CHASE ;;; ½ BASIC – FAN ;;

release hands , start LF circular pattern , fwd L , cl R , fwd L; fwd R cl L fwd R trn 180 degrees; cont L fc trn fwd L cl R fwd L; fwd R cl L fwd R; [start LF circular pattern fwd R . cl L , fwd R;fwd L,cl R, fwd L,trng 180degrees,cont circular pattern , fwd R. cl L fwd R; fwd L, cl R, fwd L trng - fc ;
fwd L, rec R, sd L ; bk R, rec L, sd R - lop M fcg wall;
[bk R, rec L sd R;fwd L trng lf bk R fcg rlod bk L;]

7-10

HOCKEY STICK ;; NYKR ; CRAB WK 3 - OP ;

Fwd L , rec R, cl L ; Bk R , rec L, fwd R;
[cl R - L, fwd L, fwd R ; fwd L ,fwd R trng lf to fc ptnr ,sd & bk L ;]
Thru L , w/ straight leg to sd by sd pos , rec R to fc, sd L;
X R in front of L , sd L ;x R in front of L – op lod ;

11-14

SLIDE DOOR 2X ;; CIRCLE AWY & TOG – BFLY ;;

rpt meas 11-16 pt A ;;
circle awy from your ptnr fwd L turn , cl R, fwd L trng ; circle twd ptnr fwd R cl L fwd R – fc - bfly ;

15-16

TIME STEP 2X ;;

rpt meas 15 -16 part A ;;

PART D

BASIC ;; THRU SERPIENTE ;; FENCELINE 2 X ;;

1- 6

rpt meas 1-2 pt A ;;
[rev] thru L - sd R , bhnd L, fan R clockwise ; bhd R, sd l thru R ,fan L ;
X lunge thru L look in same direction , rec R, trng sd to fc sd L; X lunge thru R look in same direction, rec L , trng sd to fc , sd R;

7-12

CRAB WKS ;; ½ BASIC – FAN ;; HOCKEY STICK ;;

[rev] x L in front of R, sd R, x L in front of R ; sd R x L in front of R sd R ; rpt meas 5 – 8 pt c ;;;

13-18

NYKR 2X – FC ; ; CIRCLE AWY & TOG;; CUCA 2X ;;

rpt meas 11-12 pt B ; ; rpt meas 13 -14 pt A;; rpt meas 1-2 Bridge ;;

ENDING

CHASE PEEK-A-BOO ;;; BASIC ;; NYKR 2X ;;

1-8

fwd L trng rec cl ; sd R rec cl ; sd L rec cl ; fwd R trn lf rec cl ;[bk R rec cl ; sd L rec cl ; sd R rec cl ; fwd L rec cl ;]
rpt meas 1-2 pt A ; ; Rpt meas 5-8 pt c ;;

9-12

CRAB WKS ;; SPOT TRN - OP ; CHAIR & HOLD ;

rpt meas 5 – 6 pt A ; ; xif , rec trn , sd ; fwd R lunge & hold;

