

ONE MORE TIME

3292

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ASSISTED BY: Larry Caves, Stardust Dance Studio, Mesa, AZ.
RECORD: Contact Choreographer (flip side of El Ocho Tango)
PHASE RATING: Rumba Ph VI - Suggested Speed 44rpm
FOOTWORK: Opposite Except Where Noted
SEQUENCE: Intro, A, A(mod), B, C, D
RELEASE DATE: May 1995 Corrected 7-15-95



INTRO

- 1-4 FIGUREHEAD POS FCG RDW LEFT FT POINTED BK WAIT; TURN PT (mod Figurehead); ARMS DOWN & FWD (LADY TURN); BK BASIC LADY SPIRAL;
1 In close figurehead pos fgc RDW left ft pointed bk for both partners with palms of W's hds on outside of M's thighs and M's hds covering W's hds wait 1 meas;
SS 2 (Trn & Pt) Trng LF sml fwd L to fc DW close beh ptnr hds joined arms up over W's head/pt rt ft bk, -, -, - (W trng LF fwd L fc DW IF of ptnr hds joined arms up over head/pt rt ft bk, -, -, -) mod figurehead pos;
SS 3 (Arms Down & Trn Lady) Bring arms down, -, fwd R releasing left hds lead lady to trn, - (W bring arms down, -, trng RF fwd R twd RLOD cont trng fc LOD, -);
QQS 4 (Bk Basic Lady Spiral) Rk bk L, rec R, fwd L, - (W fwd L, fwd R spiral LF to shdw SKTRS pos, fwd L, -);

PART A

- 1-8 WALK TRANSITION (LDY TRN); ADV ALEMANA; OPEN OUT ROLL HER ACROSS; CUCARACHA ROLL HER TO FC; SHDW BREAK BOTH SPIRAL; AIDA; SWITCH RK CLOSE; HD TO HD CLO SPIN HER;
QQS 1 (Walk Trans Ldy Trn) Fwd R, fwd L, tch R, - (W fwd R, fwd L, fwd R trn RF to fc ptnr keep R hds joined, -);
QQS 2 (Adv Alemana) Bhe R trng RF, sml sd L, fwd R twd wall, - (W XLIF of R trn RF, fwd R cont trn, fwd L cont trn to fc COH of ptnr, -);
QQS 3 (Op Out Roll Her Across) Rk sd L, rec R, fwd L across IF of R twd RLOD fc wall, - (W trng RF sd R fc wall, rec L trng LF, fwd R twd LOD trng LF to fc wall, -) both fgc wall still with R hds joined;
QQS 4 (Cucaracha Roll Her to Fc) Sd R, rec L, clo R, - (W sd L, rec R trng RF, fwd L twd RLOD to fc COH & ptnr, -) R hds still joined;
QQS 5 (Shdw Break Both Spiral) Trng to fc LOD in shdw pos rk bk L, rec R, fwd L release hds spiral RF (W spiral LF), -;
QQS 6 (Aida) Fwd R trn RF (W LF), sd L cont trn join M's L & W's R hds, bk R in "V" bk to bk pos, -;
QQS 7 (Switch Rk Clo) Trng LF (W RF) to fc ptnr sd L, rec R, clo L, -;
QQS 8 (Hd to Hd Spin Her) Trng to LOP RLOD bk R, rec L fc wall, clo R, - (W trng to LOP RLOD bk L, rec R spin 1 & 1/4 RF, clo L, -) now fgc ptnr & wall join lead hds;

- 9-18 BASIC TRN TO SIT LINE; SLOW SWIVELS; QK SWIVELS TO ROPE SPIN;; ALEMANA TO TANDEM LUNGE;; LADY AROUND MAN; SPIRAL HOCKEY STICK ENDG SHAKE HDS; OP HIP TWIST; WALK TRANS SHE SPIRAL;
QQS 9 (Basic trn to Sit Line) Fwd L, rec R, trn RF to fc RLOD lunge sd L, - (W bk R, rec fwd L, trn LF under joined lead hds to fc wall bk R in sit line, -);

PART A Cont'd

- SS 10 (Slow Swvls) Lunge sd R, -, lunge sd L, - (W fwd L swvl LF, -, fwd R swvl RF, -);
- QQS 11-12 (Qk Swvls Rope Spin) Lunge sd R, sml sd L, clo R, - (W fwd L swvl LF, fwd R, fwd L spiral RF, -); Rk sd L, rec R trn LF fc wall, clo L, - (W fwd R,L,R to fc COH & ptnr) chg to handshake;
- QQS 13-14 (Alemana Overtrn Tandem Lunge) Rk bk R, rec L join L hds under R hds, clo R, - (W XLIF of R trn RF under joined R hds, fwd R join L hds under R hds, fwd L fc COH then spiral RF, -); Trn LF fc LOD no wt chg, hold, lunge fwd L twd LOD with L shoulder lead all hds joined on M's chest, - (W fwd R twd COH trng RF end fcg LOD beh man, tch L no wt take both arms over M's shoulders, lunge fwd L twd LOD with L shoulder lead on M's back, -);
- SS 15 (Lady Arnd Man) Rec bk R lifting lady off by raising all joined hds up & out, -, bk L fc wall release R hds, - (W XRB of L trn RF fc wall, sd L beh man, sml fwd R near M's left sd fcg wall & slightly RLOD with R hd on M's R shoulder blade, -);
- QQS 16 (Spiral Hockey Stick Endg) Bk R, rec fwd L, fwd R twd RDW join R hds, - (W fwd L spiral RF, fwd R trn LF fc ptnr, bk L, -) now fcg ptnr & RDW with R hds joined;
- QQS 17 (Hip Twist) Fwd L, rec R, sml bk L leading lady to hip twist, - (W bk R, rec fwd L, fwd R, twist hips RF twd LOD);
- SS 18 (Fwd Ldy Spiral) Fwd R twd LOD body DW, -, fwd L, - (W fwd L twd LOD, fwd R spiral LF, fwd L twd LOD, -) now shdw SKTRS pos moving twd LOD;

PART A Modified

REPEAT PART A 1-16 end fcg partner & wall lead hds joined;;;;;;;

PART B

- 1-8 HIP TWIST TANDEM LADY TRANS; 2 CUCARACHAS; ; BK BASIC LADY TURN; SPOT TRN TRANS SHAKE HDS; OP OUT TRANS LADY SPIRAL; FWD 3; FAN;
 QQS 1 (Hip Twst Tandem Ldy Trans) Fwd L, rec R, sml bk L leading lady to trn RF releasing hds, - (W bk R, rec fwd L, fwd R trng RF 1/2 to fc wall in front of man, clo L) stop lady's trn by placing both hds on her shoulders now tandem pos fcg wall both with R ft free;
 OPTION: lady may spin 1 & 1/2 RF instead of 1/2.

NOTE: Meas 2-4 identical footwork

- QQS 2-3 (Cucarachas) Sd R, rec L, clo R, -; Sd L, rec R, clo L, -;
 QQS 4 (Bk Basic Lady Trn) Bk R, rec L, clo R (W fwd R trn 1/2 RF to fc ptnr), -; now fcg ptnr & wall no hds joined
 QQQQ 5 (Spot Trn Trans) XLIF of R trn RF, fwd R, fwd L fcg wall join R hds, clo R (W XLIF of R trn RF, fwd R, fwd L fc COH & ptnr join R hds, -);
 QQQQ 6 (Op Out Trans Lady Spiral) Rk sd L, rec R, clo L, in pl R (W trn RF 1/2 rk bk R, rec L trng LF 1/4, fwd R twd LOD spiral LF, -) now shdw SKTRS moving LOD;
 QQS 7 (Fwd 3) Both fwd L, fwd R, fwd L, -;

PART B Cont'd

- QOS 8 (Fan) Fwd R, clo L fc wall, sd R, - (W fwd R, fwd L trn LF fc RLOD, clo R/bk L, -) now fan pos M fcg wall & W fcg RLOD;
- ~~9-16 HIP ROCK 3; SYNC ALEMANA TO ROPE SPIN 1/2;;; FENCE & TRN BOTH SPIRAL; AIDA; ROCK & WRAP TO LUNGE;;~~
- QOS 9 ~~HIP RR 3; RR sd C, sd R, sd L, -;~~
- & QOS 10-12 (Sync Alemana Rope Spin 1/2) Clo R/fwd L, rec R, clo L leading lady to trn RF, - (W rec L/clo R, fwd L, fwd R trng RF to fc ptnr & COH, -); Bk R, rec L, clo R lead lady to spiral, - (W XLIF trn RF under joined hds, fwd R, fwd L twd COH spiral RF under joined hds, -); Rk sd L, rec R, sd L trn LF fc COH & ptnr, - (W fwd R, fwd L, fwd R twd LOD trn RF fc wall & ptnr, -); OPTION: Dbl Rope Spin - lady does extra full trn on spiral.
- Q&QS 13 (Fence Trn Spiral) Thru R in fence line twd RLOD/keep wt on R trn LF (W RF), fwd L twd LOD, fwd R spiral LF (W RF), -;
- QOS 14 (Aida) Fwd L trn LF (W RF), sd R trn LF (W RF), bk L in aida line looking RLOD, -;
- QOS 15-16 (Rk & Wrap to Lunge) Rk bk R (W fwd L trn LF) join lead hds. now dbl handheld, rec L (W fwd R), sml fwd R trng LF under M's R & W's L hds to M's wrap pos fcg wall (W fwd L to fc wall), -; Clo L release M's L & W's R hds, - (W fwd R comm RF trn, sd L cont trn under joined M's R & W's L hds to wrapped pos fcg wall rejoin M's R & W's L hds), both lunge sd R body fcg wall sway to L look twd LOD, -;

PART C

- ~~1-13 UNWRAP FC LOD; 1/2 BASIC TO NATURAL TOP SPIRAL;; WHEEL; HOCKEY STICK ENDG SHAKE HDS; 3 ALEMANAS TRNG; 2 CUDDLES; CUDDLE LADY SPIRAL; BK BASIC LADY CHEST PUSH TO TANDEM;~~
- SS 1 (Unwrap LOD) Rec L, -, clo R, - (W roll LF out LOD L, R, L to fc RLOD & ptnr, -) now fcg ptnr & LOD join lead hds;
- (QOS) 2-3 (Basic Nat Top Spiral) Fwd L, rec R, sd L trng RF, - (W QOS bk R, rec L, fwd R betw M's feet, -) CP fcg wall; Trng RF XRIB, sml sd L cont trn, clo R lead lady to spiral, - (W trng RF fwd L, fwd R betw M's feet, fwd L spiral RF under joined lead hds, -) man fcg DC lady fcg RDW lead hds joined with M's R arm beh W's bk and W's L arm extended to sd;
- QOS 4 (Wheel) Wheel 5/8 RF L,R,L to fc RLOD, -;
- QOS 5 (Hockey Stick Endg) Fwd R trn RF, sml sd L cont trn fc LOD lead lady to trn LF under joined hds, fwd R, - (W fwd L, fwd R trn LF under joined hds, bk L, -) join R hds man now fcg LOD & ptnr;
- QOS 6-9 (3 Alemanas Trng) Fwd L, rec R, clo L, -; XRIB, sd L, fwd R to fc wall, -; Curving RF fwd L, fwd R fc LOD, sml sd L, -; XRIB, sd L, fwd R to fc wall, -; (W Bk R, rec L, fwd & sd R, -; Trng RF under joined hds XLIF trn, fwd R, fwd L COH, -; Trng LF under joined hds while cont RF circ XRIF trn, fwd L, fwd R fc RLOD, -; Trng RF under joined hds XLIF trn, fwd R, fwd L fc COH, -;)
- QOS 10-11 (2 Cuddles) Blend to cuddle pos push sd L, rec R, clo L, - (W trn RF to 1/2 OP push sd R, rec L trn LF, fwd R trn LF to cuddle pos, -); Push sd R, rec L, clo R, - (W trn LF to 1/2 OP push sd L, rec R trn RF, fwd L trn RF to cuddle pos, -);

PART C Cont'd

- QQS 12 (Cuddle Lady Spiral) Push sd L, rec R, clo L join lead hds
 lead lady to spiral, - (W trn RF to 1/2 OP push sd R, rec
 L trn LF, fwd R join lead hds spiral LF, -);
 SS 13 (Bk & Rec Ldy Chest Push Tandem) Trng slightly LF bk R, -,
 (SQ&Q) rec fwd L fc LOD release hds, - (W fwd L trn LF, -,
 fwd R place R hd on M's chest/push off M's chest bk L trn
 RF, fwd R twd LOD) now tandem pos LOD no hds joined;

PART D

- 1-10 MODIFIED FIGUREHEAD; ARMS DOWN TRN LADY; BK BASIC LADY SPIRAL &
 ROLL;; MODIFIED FIGUREHEAD; ARMS DOWN TRN LADY; BK BASIC LADY
 SPIRAL & ROLL;; MODIFIED FIGUREHEAD; ARMS DOWN;
 SS 1 (Mod Figurehead) Fwd R, -, fwd L close beh lady join hds
 over her head, - (W fwd L twd LOD both hds reaching up arms
 over head leave R ft pointed bk, -, -, -);
 SS 2 (Arms Down & Trn Lady) Bring arms down, -, fwd R releasing
 left hds lead lady to trn, - (W bring arms down, -, trng RF
 fwd R twd RLOD cont trng fc LOD, -);
 QQS 3-4 (Bk Basic Lady Spiral & Roll) Rk bk L, rec R, fwd L, - (W
 fwd L, fwd R spiral LF, fwd L, -); Rk bk R, -, fwd L, - (W
 fwd R comm RF trn, cont trn L, fwd R twd LOD, -) now tandem
 pos LOD no hds joined;
 SS 5-8 Repeat meas 1-4 Part D;;;
 (QQS) 9 Repeat meas 1 of Part D;
 10 (Arms Down) As music fades bring arms down with hds on
 outsd of M's thighs in close figurehead pos