

One More Time

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Record	Kenny G	Paradise CD	Arista Records 07822-14738-2	Track 4
Rhythm	Rumba	Phase IV + 1 (Cuddles)		
Footwork	Opposite unless otherwise indicate (W lady's footwork between brackets)			
Sequence	Intro, A, B, A, B, Bridge, B (9-14), End			
To Mrs. Anne P. Gupton ; for being a Teacher, a Mentor and a Friend To Mr. Gup Gupton; for always showing the correct footwork				

INTRO:

1-4	BUTTERFLY/WALL - WAIT FOUR MEAS ; ; ; ;			
QQS;	1-4	In BFLY fcg WALL wait four meas - lead foot free ; ; ; ;		
5-6	CUCARACHA w/ ARMS - TWICE ; ;			
QQS;	5	{Cucaracha} sd L w/ partial wt and ft rotation on ball of foot, rec R, cl L, - ; <L arm w out, up & down>		
QQS;	6	{Cucaracha} sd R w/ partial wt and ft rotation on ball of foot, rec L, cl R, - ; <R arm sw out, up & down>		
7-10	CHASE ; ; ; ;			
QQS;	7-10	{Chase} fwd L trn R, rec R, fwd L, - ; fwd R trn L, rec L, fwd R, - ; fwd L, rec R, bk L, - ; bk R, rec L, fwd R, - ; (W bk R, rec L, fwd R, - ; fwd L trn R, rec R, fwd L, - ; fwd R trn L, rec L, fwd R, - ; fwd L, rec R, bk L, - ;)		
11-12	TIME STEP - TWICE ; ;			
QQS;	11	{Time Steps} w/ no hnds jnd xLib of R, rec R, sd L, - ; [stay parallel to prt w/ little or no trn]		
QQS;	12	{Time Steps} w/ no hnds jnd xRib of L, rec L, sd R, - ; [stay parallel to prt w/ little or no trn] [bfly /W]		

A

1-4	FULL BASIC ; ; 1/2 BASIC ; to a FAN ;			
QQS;	1-2	{Full Basic} fwd L, rec R, sd L, - ; bk R, rec L, sd R, - ;		
QQS;	3	{1/2 Basic} fwd L, rec R, sd L, - ;		
QQS;	4	{Fan} bk R bringing arms down and back to lead W to step fwd into M , rec L, sd R, - ; (W fwd R, sd & bk L trn LF 1/4, bk R, - ;)		
5-8	HOCKEY STICK ; ; N Y - TWICE ; ;			
QQS;	5-6	{Hockey Stick} fwd L, rec R, cl L, - ; bk R, rec L, fwd R, - ; (W cl R, fwd L, fwd R, - ; fwd L, fwd R trn L, sd & bk L, - ;)		
QQS;	7	{NY} xLif R to opn rev/lod, rec R to fc, sd L, - ;		
QQS;	8	{NY} xRif L to opn lod, rec L to fc, sd R, - ; [bfly /W]		
9-12	DOOR - TWICE ; ; ALLEMANA - overturn to a Lariat Position ; ;			
QQS;	9	{Door} rk sd L, rec R, xLif R, - ;		
QQS;	10	{Door} rd sd R, rec L, xRif L, - ;		
QQS;	11-12	{Allemana} fwd L, rec R, cl L ldg W to trn RF w/ jnd lod hnds, - ; bk R, rec L, sd R, - ; (W bk R, rec L, sd R comm RF swvl, - ; cont RF swvl undr jnd lod hnds fwd L/turn, cont RF swvl fwd R/turn, fwd L to M's R sd to prepare for lariat, - ;)		
13-18	LARIAT in 6 ; ; CUDDLES - 3 times ; ; ; SPOT TURN to Open LOD ;			
QQS;	13-14	{Lariat} stp in pcl L, R, L, - ; R, L, R - , [BFLY WALL] ; (W circ around M jnd lod hnds fwd R, fwd L, fwd R, - ; fwd L, fwd R, sd L end fac M, - ;)		
QQS;	15	{Cuddles} sd R w/ partial wt and ft rotation on ball of foot, rec L, cl R, - ; <R arm sw out> (W trn 1/2 RF to wall w/ R arm sw out, cl R, trn 1/2 LF to prtr)		
QQS;	16	{Cuddles} sd L w/ partial wt and ft rotation on ball of foot, rec R, cl L, - ; <L arm sw out> (W trn 1/2 LF to wall w/ L arm sw out, cl L, trn 1/2 RF to prtr)		
QQS;	17	{Cuddles} sd R w/ partial wt and ft rotation on ball of foot, rec L, cl R, - ; <R arm sw out> (W trn 1/2 RF to wall w/ R arm sw out, cl R, trn 1/2 LF to prtr)		
QQS;	18	{Spot Turn to LOD} xLifR trn LF, rec R ctnue trn LF, cls L ctnue trn LF to open LOD, - ;		

B

- 1-4 SLIDING DOOR ; ROCK SIDE RECOVER CLOSE to face COH ; OPEN BREAK ; WHIP ;**
- QQS; 1 {Sliding Door} rk apt L, rec R, xLif R, - ;
 QQS; 2 {Rock Side , Recover , Close} rk R, rec L trn LF to COH, cls R, - ;
 QQS; 3 {Open Break} apt L, to L/chn posn ext free arm up w/ palm out, rec R lower free arm, sd L, - ;
 QQS; 4 {Whip to wall} bk R trn 1/4 LF, rec fwd L cont trn 1/4 to wall, sd R, - ; (W fwd L, outsd ptnr on L sd, fwd R trn 1/2 LF to COH, sd L, - ;)
- 5.8 HAND-HAND - TWICE ; ; CUCARACHA - TWICE ; ;**
- QQS; 5 {Hand -Hand}xLib of R to sd by sd, rec R to fc, sd L, - ; (W XRib of L to sd by sd, rec L to fc, sd R, - ;)
 QQS; 6 {Hand -Hand}xRib of L to sd by sd, rec L to fc, sd R, - ; (W XLib of R to sd by sd, rec R to fc, sd L, - ;)
 QQS; QQS; 7, 8 [Repeat measures 5 - 6 of **Intro**]
- 9.12 OPEN BREAK ; WHIP ; BREAK BACK to OPEN REV/LOD ; FOWARD BASIC ;**
- QQS; 9 {Open Break} [Repeat measure 3 of **B**]
 QQS; 10 {Whip BFLY COH} [Repeat measure 4 of **B** - to face COH]
 QQS; 11 {Break to Open REV} xLib R to OP rev/lod, fwd R, fwd L, - ;
 QQS; 12 {Fwd Basic} fwd R, rec L, bk R, - ;
- 13-14 SLIDING DOOR ; ROCK SIDE RECOVER CLOSE to Face W;**
- QQS; 13 {Sliding Door} [Repeat measure 1 of **B**]
 QQS; 14 [Repeat measure 2 of **B** to face Wall]

Repeat A & B

BRIDGE

- 1-8 DOUBLE CHASE PEEK-A-BOO ; ; ; ; ; ; ;**
- QQS; 1-8 {Double Chase Peek-a-boo}
 fwd L trn 1/2 RF, rec R, cl L, - ; sd R look over L shldr, rec L, cl R, - ; sd L look over R shldr, rec R, cl L, - ; fwd R trn LF 1/2, rec L, cl R, - ; sd L, rec R, cl L, - ; sd R, rec L, cl R, - ; fwd L, rec R, cl L, - ; bk R, rec L, fwd R, - ;
 (W bk R, rec L, cl R, - ; sd L, rec R, cl L, - ; sd R, rec L, cl R, - ; fwd L trn RF 1/2, rec R, cl L, - ; sd R look over L shldr, rec L, cl R, - ; sd L look over R shldr, rec R, cl L, - ; fwd R trn LF 1/2, rec L, cl R, - ; fwd L, rec R, bk L, - ;)
 QQS;

B (9 - 14)

- 9.12 OPEN BREAK ; WHIP ; BREAK BACK to OPEN REV/LOD ; FOWARD BASIC ;**
- QQS; 9 {Open Break} [Repeat measure 3 of **B**]
 QQS; 10 {Whip BFLY COH} [Repeat measure 4 of **B** - to face COH]
 QQS; 11 {Break to Open REV} [Repeat measure 11 of **B** to face Wall]
 QQS; 12 {Fwd Basic} fwd R, rec L, bk R, - ;
- 13-14 SLIDING DOOR ; ROCK SIDE RECOVER CLOSE to Face W;**
- QQS; 13 {Sliding Door} [Repeat measure 1 of **B** to face Wall]
 QQS; 14 [Repeat measure 2 of **B** to face Wall]

END

- 1-4 FULL BASIC ; ; AIDA ; SWITCH ROCK ;**
- QQS; QQS; 1-2 {Full Basic} [Repeat measure 1 of **A** to face Wall]
 QQS; 3 {Aida to REV} thru L trn LF to rev/lod brng lod hands thru, sd & bk trn to fc lod, bk L to slight bk to bk "V" posn, - ;
 QQS; 4 {Switch Rock} sd R trn to fc ptnr brng jnd hnds thru, rec L, sd R, - ;
- 5.8 FULL BASIC ; ; FOWARD BASIC ; AIDA & HOLD ;**
- QQS; QQS; 5-6 {Full Basic} [Repeat measure 1 of **A** to face Wall]
 QQS; 7 {Forward Basic} [Repeat measure 15 of **A** to face Wall]
 QQS; 8 {Aida and Hold} thru R trn RF, sd & bk trn LF to fc rev/lod, bk R to sligh bk to bk "V" posn, - ; & Hold (SLOWLY extend lead arms bk, up & out)

Head Cues	One More Time		(Intro - A - B - A - B - Bridge - B (9-14) - End)	4:11
Intro	1-6	Wait 4 meas ; ; ; ; CUCA w/ arms - twice ; ;		
	7-10	CHASE ; ; ; ;		
	11-12	TIME STEP - TWICE ; ;		
A	1-4	FULL BASIC ; ; 1/2 BASIC ; to a FAN ;		
	5-8	HOCKEY STICK ; ; N Y - TWICE ; ;		
	9-12	DOOR - TWICE ; ; ALLEMANA - Overturned to a Lariat ; ;		
	13-17	LARIAT in 6 to a CUDDLE Position ; ; CUDDLES - 3 times ; ; ;		
	18	SPOT TURN to LOD ;		
B	1-4	SLIDING DR ; ROCK SIDE REC CLS to FC COH ; OPEN BREAK ; WHIP ;		
	5-8	HAND-HAND - TWICE ; ; CUCARACHA - TWICE ; ;		
	9-12	OPEN BREAK ; WHIP ; BREAK BACK to OPEN REV/LOD ; FWD BASIC ;		
	13-14	SLIDING DR ; ROCK SIDE REC CLS to FAC W;		
A	1-4	FULL BASIC ; ; 1/2 BAS ; to a FAN ;		
	5-8	HOCKEY STICK ; ; N Y - TWICE ; ;		
	9-12	DOOR - TWICE ; ; ALLEMANA - Overturned to a Lariat ; ;		
	13-17	LARIAT in 6 to a CUDDLE Position ; ; CUDDLES - 3 times ; ; ;		
	18	SPOT TURN to LOD ;		
B	1-4	SLIDING DR ; ROCK SIDE REC CLS to FC COH ; OPEN BREAK ; WHIP ;		
	5-8	HAND-HAND - TWICE ; ; CUCARACHA - TWICE ; ;		
	9-12	OPEN BREAK ; WHIP ; BREAK BACK to OPEN REV/LOD ; FWD BASIC ;		
	13-14	SLIDING DOOR ; ROCK SIDE RECOVER CLOSE to FAC W;		
BRIDGE	1-8	DOUBLE CHASE PEEK-A-BOO ; ; ; ; ; ; ; ;		
B (9 - 14)	9-12	OPEN BREAK ; WHIP ; BREAK BACK to OPEN REV/LOD ; FWD BASIC ;		
	13-14	SLIDING DOOR ; ROCK SIDE RECOVER CLS to FACE W;		
END	1-4	BASIC ; ; AIDA ; SWITCH ROCK ;		
	5-8	BASIC ; ; FWD BASIC ; AIDA and HOLD ;		