

# One More Time

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**Music:** Do That To Me One More Time (orig. 4:16), download iTunes, Amazon **Web site:** [www.dyca.org](http://www.dyca.org)  
Music cut at 3:35, faded from 3:23 to 3:35  
**Artist:** Captain & Tenille, CD: Ultimate Collection: Captain & Tenille, track 16  
**Footwork:** Opposite, Unless noted (W's footwork in parenthesis) **Speed:** 100% (45 rpm)  
**Rhythm:** RB **Phase:** V+2 (Adv Alemana, Circ Hip Twist) **Difficulty:** Average  
**Sequence:** Intro – A – Int – A – B – A – End **Released:** Nov 2016

## Intro

### 1 – 8 Low Bfly WALL Wait 1 meas ; Hip Rk 3 ; Adv Alemana ; Half Basic ; Full Nat Top ;;;

1-4 **[Wait 1 meas]** Wait 1 meas in low BFLY WALL ; **[Hip Rk 3]** Rk sd R, L, R, - ; **[Adv Alemana]** Fwd L, rec R, trng 1/8 RF small sd L, (bk R, rec L, small sd R comm RF swivel, -) ; Xrib trng RF, sd L comp 3/8 RF trn, cl R end fcg COH, (cont RF trn under jnd lead hnds fwd L, cont RF trn fwd R, cont trn fwd L to fc ptr, -) ;  
5-8 **[Half Basic to Full Nat Top]** Fwd L, Rec R, trng slightly RF Sd L to CP DLC, - (Bk R, Rec L, Fwd R between M's feet, -) ; commence RF rotation XRIB, Sd L, XRIB, - (Sd L, XRIF, Sd L, -) ; Sd L, XRIB, Sd L, - (XRIF, Sd L, XRIF, -) ; XRIB, Sd L, Cl R CP WALL, - (Sd L, XRIF, Cl L, -) ;

## Part A

### 1 – 8 Op Hip Twist ; Fan ; Alemana ;; Cuddle 3X ;;; Spot Trn to CP WALL ;

1 **[Op Hip Twist]** Maintaining lead hnd hold ck Fwd L, Rec R, Cl L to R leading W to swivel 1/4 RF, - (Bk R, Rec L, Fwd R twd M then swiveling 1/4 RF to fc LOD, -) ;  
2 **[Fan]** Bk R, Rec L leading W to trn LF, small Sd R, - (Fwd L, Fwd R trn 1/2 LF, Bk L, -) ;  
3-4 **[Alemana]** Fwd L, Rec R, Cl L leading W to Trn RF, - (Bk R, Rec L, Sd R commence swivel,-) ; Bk R, Rec L, Cl R Cuddle Pos WALL, - (cont RF trn under jnd lead hnds Fwd L, cont RF trn Fwd R, Sd & Fwd L to Cuddle Pos, -) ;  
5-7 **[Cuddle 3X]** Sd L leading W to trn RF & rel ld hnds to sweep L arm out to sd, rec R, cl L to R (W swvl 1/2 RF on L/sd R & sweep R arm out to sd, rec L trng 1/4 LF, sm fwd R in frnt of M trng 1/4 LF) to CUDDLE POS WALL,-; Sd R leading W to trn LF & sweep R arm out to sd, rec L, cl R to L (W swvl 1/2 LF on R/sd L & sweep L arm out to sd, rec R trng 1/4 RF, sm fwd L in frnt of M trng 1/4 RF) to CUDDLE POS WALL,-; Sd L leading W to trn RF & rel ld hnds to sweep L arm out to sd, rec R, cl L to R (W swvl 1/2 RF on L/sd R & sweep R arm out to sd, rec L trng 1/4 LF, sm fwd R in frnt of M trng 1/4 LF) to CUDDLE POS WALL,-;  
8 **[Spot Trn to CP]** Swiveling 1/4 on ball of supporting ft Fwd R trng 1/2 LF (RF) , Rec R trng 1/4 LF (RF) to fc ptr, Sd R, - ;  
9–16 **Circ Hip Twist ;;; Aida ; Rk 3 Ronde ; Fence Line & Extend ; Rec Fc Cl ; Cucaracha RLOD ;**  
9-11 **[Circ Hip Twist]** Fwd L, rec R, X lib R, (swiv on L bk R trng 1/2 RF, rec L start LF trn, fwd R outsd prtnr completing 5/8 LF trn,-) ; sd and bk R making 1/8 LF turn lead W to swiv RF, X lib R trng and bkg LF lead W to swiv LF, sd and bk R trng LF lead W to swiv RF, (swiv 1/2 RF fwd L, swiv 1/2 LF fwd R, swiv 1/2 RF fwd L,) - ; X lib R trng LF lead W to swiv LF, sd and bk R trng LF lead W to swiv RF, cl L lead W to swiv LF, (swiv 1/2 LF fwd R, swiv 1/2 RF fwd L, swiv 1/2 LF fwd R to face,-) ;  
12 **[Aida]** Thru LOD R commencing RF (LF) trn, sd LOD L cont RF (LF) trn, bk R to AIDA LINE POS, - ;  
13 **[Rk 3 & Ronde]** Rk fwd L, rec R, fwd L, ronde R CCW (CW) ;  
14 **[Fence Line & Extend]** XRIF L with bent knee, hold & slowly extend body stretch twd LOD, - , - ;  
15-16 **[Rec Fc Cl]** Rec bk L, sd R to fc ptr, cl L to BFLY WALL, - ; **[Cucaracha RLOD]** Sd R, rec L, cl R, - ;

## Int

### 1 – 2 Sd Walks ;;

1-2 **[Sd Walks]** Sd L, cl R, sd L, - ; cl R, sd L, cl R, - ;

## Part B

### 1 – 8 Half Basic ; Full Nat Top ;;; Closed Hip Twist ; Fan ; Hockey Stick to Hndshk ;;

1-8 **[Half Basic to Full Nat Top]** Fwd L, Rec R, trng slightly RF Sd L to CP DRW, - (Bk R, Rec L, Fwd R between M's feet, -) ; commence RF rotation XRIB, Sd L, XRIB, - (Sd L, XRIF, Sd L, -) ; Sd L, XRIB, Sd L, - (XRIF, Sd L, XRIF, -) ; XRIB, Sd L, Cl R CP COH, - (Sd L, XRIF, Cl L, -) ;  
**[Closed Hip Twist]** With slight RF body trn and R sd stretch give W a slight L sd lead to open her out ck sd and fwd L, rec R with slight R sd lead to lead W to cl, cl L with slight L sd lead to trn W ending with slight R sd stretch, (with slight L sd stretch swiv RF up to 1/2 bk R, rec L swiv LF up to 1/2, sd R small stp swivl 1/4 RF on R touching L to R no wgt with slight L sd stretch to fc RLOD,-) ;  
**[Fan]** Bk R, Rec L leading W to bk twd RLOD, Sd R, (Fwd L, Fwd R trn 1/2 LF, Bk L, -) ;

**[Hockey Stick]** Fwd L, Rec R, Cl L raising lead hnds in front of M's forehead, - (Cl R, Fwd L, Fwd R, -) ; Bk R, Rec L trng slightly RF leading W to turn LF under jnd lead hnds, Fwd R twd Wall following W to fc DLC, - (Fwd L, Fwd R trng LF to fc, Sd & Bk L, -) ;

**9-16 Flirt ; Sweetheart 3X to Varsou ; Wheel 3 fc WALL ;**

**Ck Fwd Rec Cl Lady trn to fc ; Cucaracha RLOD ;**

9-16 **[Flirt]** Fwd L, rec R, sd L leading W to trn LF to VARSOU COH, (bk R, fwd L, fwd R trng LF to VARSOU,) - ; bk R, rec L, sd R, (bk L, rec R, sd L moving W L in frnt of the M to end in L-VARSOU,) - ;

**[Sweetheart 3X]** Ck fwd L with R sd lead into contra ck like action, rec R straightening body, sd L, (bk R with L sd lead into a contra ck like action, rec L straightening body, sd R,) - ; Ck fwd R with L sd lead into contra ck like action, rec L straightening body, sd R, (bk L with R sd lead into a contra ck like action, rec R straightening body, sd L,) - ; Ck fwd L with R sd lead into contra ck like action, rec R straightening body, sd L to VARSOU COH, (bk R with L sd lead into a contra ck like action, rec L straightening body, sd R to VARSOU COH,) - ;

**[Wheel 3]** Wheeling RF fwd R, fwd L, fwd R, (bk L, bk R, bk L,) - ; **[Ck Fwd Rec Cl Lady trn]** Ck fwd L, rec R, cl L leading W to trn RF, (bk R, rec L, fwd R trng RF to fc ptr, ) - ; **[Cucaracha]** Sd R, rec L, cl R, - ;

**Ending**

**1-3 Half Basic ; Fence Line & Hold ; Rec Wrapping the Lady M trans to Tandem WALL ;**

1 **[Half Basic]** CP COH Fwd L, Rec R, Sd L, - ;

2 **[Fence Line & Extend]** XRIF L with bent knee, hold & slowly extend body stretch twd LOD, -, - ;

3 **[Rec Wrapping Lady Man Trans Tandem]** Rec bk L beginning to wrap the W LF under jnd lead hnds, -, to fc wall sd R leading W to wrap to tandem pos fcg WALL M's hnds on , (rec bk R commence LF trn under jnd lead hnds, -, sd R to RLOD cont LF trn, sd L ending tandem pos fcg WALL, ) - ;

**4-6 Side Walk ; Lunge L & Lady Caress ;**

4-5 **[Side Walk]** [same footwork both start with L foot] Sd L, cl R, sd L, - ; cl R, sd L, cl R, - ;

6 **[Man Caress]** Small sd L, -, -, (lunge sd L turning body slightly RF and caress M's face with R hnd, -, -, ) - ;

**Intro**

**Low BFLY WALL Wait 1 meas ; Hip Rk 3 ; Adv Alemana ; Half Basic ; Full Nat Top ; ;**

**Part A**

**Op Hip Twist ; Fan ; Alemana ; Cuddle 3X ; ; Spot Trn to CP WALL ;**

**Circ Hip Twist ; ; Aida ; Rk 3 Ronde ; Fence Line & Extend ; Rec Fc Cl ; Cucaracha RLOD ;**

**Int**

**Sd Walks ; ;**

**Part A**

**Op Hip Twist ; Fan ; Alemana ; Cuddle 3X ; ; Spot Trn to CP WALL ;**

**Circ Hip Twist ; ; Aida ; Rk 3 Ronde ; Fence Line & Extend ; Rec Fc Cl ; Cucaracha RLOD ;**

**Part B**

**Half Basic ; Full Nat Top CP COH ; ; Closed Hip Twist ; Fan ; Hockey Stick to Hndshk ; ;**

**Flirt ; Sweetheart 3X to Varsou ; ; Wheel 3 fc WALL ;**

**Ck Fwd Rec Cl Lady out to fc ; Cucaracha RLOD ;**

**Part A**

**Op Hip Twist ; Fan ; Alemana ; Cuddle 3X ; ; Spot Trn to CP WALL ;**

**Circ Hip Twist ; ; Aida ; Rk 3 Ronde ; Fence Line & Extend ; Rec Fc Cl ; Cucaracha RLOD ;**

**Ending**

**Half Basic ; Fence Line & Extend ; Rec Wrapping the Lady M trans to Tandem ;**

**Side Walk ; ; Lunge L & Lady Caress ;**