

ONE MORE

Level: Easy Intermediate **Genre:** Country
Artist: James Johnston
Choreo: Rebecca Yates
Speed: Normal **Length:** 2:54
Sequence: A B C Break A* C Break D C* C Ending
Wait: 16 beats

Quick Cues

Part A: (32 beats)

4 Travelling Triple Slur (L)
4 Outhouse
4 Travelling Triple Slur (R)
4 Outhouse (Rft)
4 Slur Basic (L)
4 Rocking Chair (Rft)
4 Slur Basic (R)
4 Rocking Chair

Part B: (32 beats)

8 Cowboy
8 2 Windster
8 Cowboy
4 Turkey
4 Turkey Skuff Stomp (Rft)

Part C: (32 beats)

8 2 Stomp Basic Stomp
4 Stomp Triple
4 2 Sway
8 Cowboy
4 Fancy Double
4 Heel Skuff Stomp

Break: (16 beats)

4 Sashay (L)
4 2 Basketball (1/2L ea)
8 REPEAT OPP FOOTWORK & DIR

Part A*: (32 beats)

4 Travelling Triple Slur (L)
4 Outhouse
4 Travelling Triple Slur (R)
4 Outhouse (Rft)
4 Slur Basic (L)
4 Rocking Chair (Rft)
4 Slur Basic (R)
4 Heel Skuff Stomp

Quick Cues

Part C: (32 beats)

8 2 Stomp Basic Stomp
4 Stomp Triple
4 2 Sway
8 Cowboy
4 Fancy Double
4 Heel Skuff Stomp

Break: (16 beats)

4 Sashay (L)
4 2 Basketball (1/2L ea)
8 REPEAT OPP FOOTWORK & DIR

Part D: (36 beats)

16 2 Macnamara Rock Pivot (1/2R ea)
16 2 Toe Heel Clogover (L&R)
4 2 Basketball (1/2R ea)

Part C*: (28 beats)

8 2 Stepping Vine (L&R)
4 Fancy Double
4 2 Sway
8 Cowboy
4 2 Stomp & Pause

Part C: (32 beats)

8 2 Stomp Basic Stomp
4 Stomp Triple
4 2 Sway
8 Cowboy
4 Fancy Double
4 Heel Skuff Stomp

Ending (33 beats)

4 Sashay (L)
4 2 Basketball (3/4L)
4 Sashay (R)
4 2 Basketball (1 1/4R)
4 Sashay (L)
4 2 Basketball (3/4L)
4 Sashay (R)
4 Heel Skuff Stomp
1 Stomp (1/4R)



Amended 20th July '26

Step Definitions - ONE MORE

TRAVELLING TRIPLE SLUR:

DS (OTS)	DS (XIF)	DS (OTS)	SLR-S (XIB)
L	R	L	R R
&1	&2	&3	& 4

OUTHOUSE:

DS TCH(OTS)	H TCH(XIF)	H TCH(OTS)	H
L R	L R	L R	L
&1 &	2 &	3 &	4

SLUR BASIC:

DS (OTS)	SLR-S (XIB)	DS RS
L	R R	L RL
&1	& 2	&3 &4

ROCKING CHAIR:

DS BR H DS RS
L R L R LR
&1 & 2 &3 &4

COWBOY:

[DS DS DS BR(XIF) H] (FWD)	[DS (XIF) R(BK) S(XIF) R(BK) S(XIF) R(BK) S(XIF)] (BK)
L R L R	L R L R L R
&1 &2 &3 &	4 &5 & 6 & 7 & 8

WINDSTER: (BR CAN BE DT)

DS BR(XIF)	H BR(X)	H RS
L R	L R	L RL
&1 &	2 &	3 &4

TURKEY: (CAN BE (P) INSTEAD OF DR AT START)

LIFT/DR H-FL(OTS)	S(XIB)	DS RS
L /R L L	R	L RL
& 1 &	2	&3 &4

TURKEY SKUFF STOMP: (CAN BE (P) INSTEAD OF DR AT START)

LIFT/DR H-FL(OTS)	S(XIB)	(P) SK (P) STO
R /L R R	L	R R
& 1 &	2	& 3 & 4

STOMP BASIC STOMP:

(P) STO DS RS (P) STO
L R LR L
& 1 &2 &3 & 4

STOMP TRIPLE:

(P) STO DS DS DS
L R L R
& 1 &2 &3 &4

FANCY DOUBLE:

DS DS RS RS
L R LR LR
&1 &2 &3 &4

HEEL SKUFF STOMP:

(P) TCHH(F) LIFT(XIF) TCHH(F) BA SK (P) STO
L L L L R R
& 1 & 2 & 3 & 4

SWAY: (* DENOTES FOOT REMAINS ON FLOOR THROUGHOUT STEP)

(P) S*(OTS HIP L)/BA*(LIFT H)	(P) BA(LIFT H)/H(HIP R)
L /R	L /R
& 1	& 2

SASHAY: (LIKE GALLOPING SIDEWAYS)

(P) [S(OTS) S(BS) S(OTS) S(BS) S(OTS) S(BS) S(OTS)]
L R L R L R L
& 1 & 2 & 3 & 4

BASKETBALL:

(P) S(FWD) PVT(1/2 R) S
L L R
& 1 & 2

MACNAMARA ROCK PIVOT:

BA(OTS) BA(XIB) BA(OTS) TCHH(OTS) BA(OTS) BA(XIB) BA(OTS) TCHH
L R L R R L R L
& 1 & 2 & 3 & 4
R H(WGT) PVT(L OR R) S DS RS
L R R L R LR
& 5 & 6 &7 &8

TOE HEEL CLOGOVER:

T-H(OTS) T-H(XIF) T-H(OTS) T-H(XIB) T-H(OTS) T-H(XIF) T-H(OTS) RS
L L R R L L R R L L R R L L RL
& 1 & 2 & 3 & 4 & 5 & 6 & 7 &8

STEPPING VINE:

(P) S(OTS) (P) S(XIB) (P) S(OTS) (P) TCHH(OTS)
L R L R
& 1 & 2 & 3 & 4

STOMP & PAUSE:

(P) STO (P) (P)
L
& 1 & 2

STOMP:

P) STO
L
& 1