

"Baby One More Time"

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Music: "Baby One More Time," Britney Spears. Preview Music on YouTube: [Baby One More Time \(Lyrics\)](#)
 MP3 download available.
Time/Speed: Time @ RPM: 3:30@45 as downloaded. Adjust speed if needed.
Footwork: Woman's footwork opposite (except as noted in parentheses)
Rhythm/Phase: West Coast Swing/Rumba V + 1 [Whip Inside Turn] + 1 [Slingshot Throwout]
Degree of difficulty: Average

INTRO – A – B – C – A – B – C – INTL – D – E – C – END

INTRO

1-4 WAIT ; ; SLINGSHOT THROWOUT ~ KICK BALL CHANGE ; ;

- 1-2 {**Wait**} In "L" pos M's ld ft ptd LOD in press wait ; ;
 3-4 {**Slingshot Throwout**} Lun sd L LOD ldg W to rk bk, rec R, sd L/cl R, sd & fwd L trng LF to fc LOD ldg W to fold in frnt (*W Rk bk R, rec L, fwd R trng LF/XLif, bk R to fc M*) ;
 Anchor R/L, R (*W Anchor L, R, L*) ,
 {**Kbchg**} Kck L fwd/cl L on ball of ft, sip R ;

PART A

1-4 SUGAR PUSH WITH TWO ROCKS ; ; WHIP TURN ; ;

- 1-2 {**Sugar Push W/Rk 2**} Bk L, sm bk R, tch L, fwd L ; Rk bk R, fwd L, Anchor R/L, R (*W Fwd R, fwd L, Rib, rk bk R ; Rk fwd L, bk R, anchor L/R, L*) ;
 3-4 {**Whp Trn**} Bk L, XRif mvg to W's R sd trng 1/4 RF to LCP, sd L trng 1/4 RF/fwd R, sd & fwd L to CP RLOD ; XRib trng RF, sd & fwd L to LOP LOD, Anchor R/L, R (*Fwd R, fwd L trng 1/2 LF, bk R/cl L, fwd R ; Trng RF bk L, bk R, Anchor L/R, L*) ;

5-8 EXTENDED LEFT SIDE PASS ; ; HALF WHIP ; ;

- 5-6 {**Extended L Sd Pass**} Bk L comm LF trn, sm bk R comp LF trn, ldg W to pass sd L/cl R, trng 1/8 LF sd and fwd L (*W Fwd R, fwd L, fwd R/cl L, fwd R*) ; XRif, sd and fwd L (*Fwd L, fwd R trng 1/2 LF*), Anchor R/L, R) ;
 7-8 {**Half Whp**}

PART B

1-4 SLOW SIDE BREAKS ; FOUR QK CHICKEN WALKS ; WRAPPED WHIP ; ;

- 1 {**Slo Sd Brks**} Stp out L, stp out R, stp in L, stp in R ;
 2 {**4 Qk Chkn Wlks**} Bk L, bk R, bk L, bk R ;
 3-4 {**Wrapped Whp**} Bk L to join all hnds, raising M's L & W's R hnds above W's hd rec R trng 1/4 RF, bring M's L & W's hnds over W's head sd L cont RF trn/cl R, sd & fwd L lowering hnds to wrapped pos M at W's L sd (*W fwd R, fwd L, fwd R/cl L, bk R*) ; XRib trng RF release hnds, trng RF to fc LOD sd & fwd L, Anchor R/cl L, bk R (*W bk L, bk R, Anchor L/R, L*) ;

PART C**1-5 UNDERARM TURN ~ TRIPLE TRAVEL WITH ROLL ~ KICK BALL CHANGE ::****:::**

- 1 {Undrm Trn to Trip Trav w/ Roll} Bk L, fwd R trng RF 1/4, sd & fwd L to fc RLOD/cl R, fwd L trng LF to fc WALL jn R hnds palm to palm [R Hand Star] (*W fwd R, fwd L, fwd R/L, R twd RLOD passing M on WALL sd undr jnd ld hnds trng LF 3/4 on last stp to fc COH*) ;
- 2 Sd R/cl L, sd & fwd R comm 1/4 RF trn, fwd L cont RF trn 3/4, fwd R cont RF trn 1/2 making a total of 1 1/2 RF trn to a L Hand Star ;
- 3 Sd L/cl R, sd L trng LF 1/2 to R Hand Star, sd R/cl L, sd R trng RF 1/2 to L Hand Star ;
- 4-5 Sd L/cl R, sd & fwd L comm 1/4 LF trn, sd R roll LF, sd L cont LF roll making a total of 1-1/4 LF trn to fc ptr jng ld hnds ; Anchor R/L, R to LOP-FCG RLOD, {Kck Ball Chg} Kck L ft fwd/take wgt on ball of L ft, replace wgt on R (*W Kck R ft fwd/take wgt on ball of R ft, replace wgt on L*) ;

6-8 TUCK AND TWIRL TO HAMMERLOCK ~ UNDERARM TURN :::

- 6-8 {Tuck & Twrl to Hammerlock} Bk L, bk R join trl hnds & raise ld hnd to palm to palm, tap L to R, fwd L leading lady to trn 1/2 RF ; Sip R/L, R (*W Fwd R, fwd L, tch R, fwd R trng 1/2 RF ; Bk L/cl R, fwd L to M's R sd in hammerlock pos ld hnds high trl hnds low*) , , {Undrm Trn} Bk L raising ld hnds lding W to pass R sd, relsg trl hnds XRif comm RF trn ; Sd L/cl R, sd & fwd L comp RF trn, anchor R/L, R (*W Fwd R, fwd L ; Trng LF sd R, cont trn/XLif, Bk R comp 1/2 LF trn, anchor L/R, L*) jng ld hnds ;

REPEAT PART A**1-4 SUGAR PUSH WITH TWO ROCKS :: WHIP TURN ::****5-8 EXTENDED LEFT SIDE PASS :: HALF WHIP ::****REPEAT PART B****1-4 SLOW SIDE BREAKS : FOUR QK CHICKEN WALKS : WRAPPED WHIP ::****REPEAT PART C****1-5 UNDERARM TURN ~ TRIPLE TRAVEL WITH ROLL ~ KICK BALL CHANGE ::****:::****6-8 TUCK AND TWIRL TO HAMMERLOCK ~ UNDERARM TURN :::****INTERLUDE****1-4 TUMMY WHIP :: WRAPPED WHIP TO BFLY LOD ::**

- 1-2 {Tummy Whp} Bk L, rec R movg to W's R sd relsg jnd hnds comm 1/4 RF trn, plcng R hnd on W's R hip sd L cont RF trn arnd W/fwd R, sd & fwd L (*W fwd R, fwd L, fwd R/cl L, bk R*) ; Relsg W's hip XRib trng 1/2 RF, fwd L, anchor R/L, R (*W bk L, bk R, anchor L/R, L*) ;
- 3-4 {Wrpd Whp} Bk L to jn all hnds, raising M's L & W's R hnds above W's hd rec R trng 1/4 RF, bring M's L & W's hnds over W's hd sd L cont RF trn/cl R, sd & fwd L lowering hnds to wrapped pos M at W's L sd (*W fwd R, fwd L, fwd R passing undr jnd ld hnds/cl L, bk R to end in Wrpd Pos*) ; XRib trng RF rel hnds, trng RF to fc LOD sd & fwd L, anchor R/L, R (*W bk L, bk R, anchor L/R, L*) blend to BFLY FCG LOD ;

PART D [RUMBA]**1-4 FCG LOD FENCE LINE TWICE :: THRU SERPIENTE RLOD ::**

- 1-2 {Fnc Ln 2X} XLun L to WALL, rec R to fc, sd L, -; XLun R to COH, rec L to fc, sd R, -;
 3-4 {Thru Serp} To WALL thru L, sd R, bhd L, fan R CW; Bhd R, sd L, thru R to COH, fan L
 CW to BFLY;

5-8 NEW YORKER TWICE :: FORWARD AND BACK BASIC ::

- 1-2 {NY 2X} Swvl thru L, rec swvlg R to fc, sd L, -; Swvl thru R, rec swvlg L to fc, sd R, -;
 3-4 {Fwd & Bk Bas} Fwd L, rec R, bk L, -; Bk R, rec L, fwd R, -;

PART E [WC]**1-4 START WRAPPED WHIP : SWEETHEARTS TWICE :: FINISH WRAPPED****WHIP :**

1. {Start Wrapped Whp} Bk L, XRif of L trng RF to W's R while raising jnd L hnds and leaving jnd R hnds low, sd & fwd L/rec R trng RF, sd L (W Fwd R, fwd L, fwd R/cl L, bk R) to wrapped pos W slightly to R of M;
2. {Swht} With loose hnd hold & looking at ptr ck fwd R, rec L, sd R/cl L, cl R sliding beh to W's R sd (W Looking at ptr ck bk L, rec R, sd L/cl R, sd L);
3. {Swht} With loose hnd hold & looking at ptr ck fwd L, rec R, sd L/cl R, sd L sliding beh to W's L sd (W Looking at ptr ck bk R, rec L, sd R/cl L, sd R);
4. {Fin Wrapped Whp} Relg M's R & W's L hnds & keeping ld hnds jnd low XRib trng RF, fwd L cont RF to fc ptr, anchor R/L, R (W Bk L, bk R, anchor L/R, L w/ ld hnds jnd);

5-8 WHIP INSIDE TURN :: SIDE WHIP ::

- 1-2 {Whp Insd Trn} Bk L, fwd R trng RF to loose CP, sd L /cl R, sd L comp RF trn to fc RLOD (W Fwd R, fwd L comp 1/2 trn to loose CP, bk R/cl L, fwd R); Raising ld hands ldg W to trn LF XRib, sd & fwd L, anchor R/L, R comp full trn to fc LOD (W Fwd L starting LF turn under lead hands, fwd R cont trn 1/2, anchor L/R, L);
- 3-4 {Sd Whp} Bk L, rec R trn 1/4 RF to "L" pos trng W to SCP (W Fwd R, fwd L trn RF 1/2 to SCP), Press L fwd (W Bk R/cl L, fwd R); Hold, rec fwd L, anchor R/L, R (W Fwd L comm LF trn, cont LF trn sd & bk R, trn LF anchor L/R, L);

REPEAT PART C**1-5 UNDERARM TURN ~ TRIPLE TRAVEL WITH ROLL ~ KICK BALL CHANGE ::****:::****6-8 TUCK AND TWIRL TO HAMMERLOCK ~ UNDERARM TURN :::****END****1-4 PUSH BREAK ~ KICK BALL CHANGE :: SUGAR PUSH WITH ROCKS ::**

- 1-2 {Push Brk} Bk L, bk R jng both hnds low, bk L/cl R, fwd L; Anchor R/L, R to ld hnds, {Kbchg} Kick L fwd/cl L on ball of ft, sip R (W Fwd R, fwd L close to M, fwd R/cl L, bk R; Anchor L/R, L, kick R fwd /cl R on ball of ft, sip L);
- 3-4 {Sug Psh w/ Rks} Bk L, sm bk R, tch L, fwd L; Rk bk R, fwd L, anchor R/L, R (W Fwd R, fwd L, tap R in bk, rk bk R; Rk fwd L, bk R, anchor L/R, L);

5-8 LEFT SIDE PASS ~ UNDERARM TURN :: : FOUR QUICK CHICKEN WALKS : POINT SIDE (TRAIL ARMS UP & OUT) HOLD.

- 5-7 {L Sd Pass} Bk L comm LF trn, sm bk R comp 1/4 LF trn ldg W to pass M's left sd, sd L/cl R, fwd L trng LF 1/4; Anchor R/L, R (W Fwd R, fwd L comm LF trn, sd R cont LF trn/ XLif cont trn, bk R comp 1/2 LF trn to fc ptr; Anchor L/R, L), {Undrm Trn} Bk L raising ld hnds leading W to pass R sd, XRif comm RF trn; sd L/cl R, sd & fwd L comp RF trn, Anchor R/L, R (W Fwd R, fwd L comm LF trn, sd R cont trn/XLif, bk R comp 1/2 LF trn, Anchor L/R, L);
- 8 {4 Qk Chkn Wlks} Bk L, bk R, bk L, bk R; Point ld ft sd & trl arms up & out HOLD