

Baby One More Time (Zimmermann) – Disco Fox III+1+1

Choreographer:	Bernd Zimmermann & Lenka Matějčková, Gustav-Müller-Str. 10, 10829 Berlin, Germany email: cocacolakid(at)web.de homepage: http://www.dreaming-pivots-berlin.de									
Release:	27.12.2014					Edits/Changes: 06/2016 - Version: 1.1 - see below				
Record:	CD Bravo Hits 25 (Britney Spears) or download (3:31) speed: + 5 %									
Timing:	(3 measures) 1,2&,3,4; 1&,2,3,4&; 1,2,3&,4; - except where noted Discofox is a beat dance, thus figures may not start on measure boundaries.									
Footwork:	opposite, except where noted, W steps given completely in <i>[italic]</i> where necessary									
Rhythm/Phase:	Disco Fox III +1 (Double Pivot) +1 (¼ Turn Prog Box)									
Sequence:	Intro	A	B	A	B#	INT	C	D	B	End
start time [m:ss]		0:11	0:42	1:02	1:33	1:54	2:05	2:25	2:48	3:06

INTRO

1 – 4	Wait 1 ; ¼ Turn Prog Box twice ; ; ;
1	CP DLW – Piano notes & Wait 1 ;
2-4	{1/4 Turn Prog Box} fwd L, fwd R/ ¼ RF turn sd L, cl R to L, bk L ; bk R/ ¼ LF turn sd L, cl R to L fc DLW, {1/4 Turn Prog Box} fwd L, fwd R/ ¼ RF turn sd L ; cl R to L, bk L , bk R/ ¼ LF turn sd L, cl R to L to SCP WALL;

PART A

1 – 3	Chg Places R to L & L to R – Basic twice ; ; ;
	{Chg R to L} rk sd L, rec bk R trn ¼ LF/{bchg} plc ball of L ft bk take part wgt, rec R, <i>(W: sd & fwd R comm RF trn undr jnd ld hnds, sd & bk L comp ¾ RF trn fc RLOD/{bchg} plc ball of R ft bk take part wgt, rec L.)</i>
	{Chg L to R} rk sd L; rec R to LOP fc WALL/{bchg} plc ball of L ft bk take part wgt, rec R, <i>(W: sd & fwd R comm LF trn undr jnd ld hnds; sd & bk L comp ¾ LF trn to fc COH/{bchg} plc ball of R ft bk take part wgt, rec L, for easier cueing you can say: „Chg Places twice“</i>
	{Basic} rk fwd L, rec R/{bchg} plc ball of L ft bk take part wgt; rec R, <i>(W: rk fwd R, rec L/{bchg} plc ball of R ft bk take part wgt; rec L.)</i>
	{Basic} rk fwd L, rec R/{bchg} plc ball of L ft bk take part wgt, rec R; <i>(W: rk fwd R, rec L/{bchg} plc ball of R ft bk take part wgt, rec L.)</i>
4 – 6	R Turn Basic twice – Basic twice ; ; ;
	{R Turn Basic} bring hands apt in kind of windmill action fwd L com RF trn, fwd R trn RF fc COH/{bchg} plc ball of L ft bk take part wgt, rec R, <i>(W: fwd R com RF trn, fwd R trn RF fc WALL/{bchg} plc ball of R ft bk take part wgt, rec L.)</i>
	{R Turn Basic} fwd L com RF trn; fwd R trn RF fc WALL/{bchg} plc ball of L ft bk take part wgt, rec R, <i>(W: fwd R com RF trn; fwd L trn RF fc COH/{bchg} plc ball of R ft bk take part wgt, rec L.)</i>
	{Basic} rk fwd L, rec R/{bchg} plc ball of L ft bk take part wgt; rec R, <i>(W: rk fwd R, rec L/{bchg} plc ball of R ft bk take part wgt; rec L.)</i>
	{Basic} rk fwd L, rec R/{bchg} plc ball of L ft bk take part wgt, rec R; <i>(W: rk fwd R, rec L/{bchg} plc ball of R ft bk take part wgt, rec L.)</i>
7 – 9	Chg Hds Bhd Bk twice – Basic twice ; ; ;
	{Chg Hds Bhd Bk} fwd L comm LF trn, sd & bk R comp ½ LF chg hnds bhd bk to fc COH/ {bchg} plc ball of L ft bk take part wgt, rec R, <i>(W: fwd R comm. ½ RF trn, sd & bk L cont trn/ {bchg} plc ball of R ft bk take part wgt, rec L.)</i>
	{Chg Hds Bhd Bk} fwd L comm LF trn; sd & bk R comp ½ LF chg hnds bhd bk to fc WALL/ {bchg} plc ball of L ft bk take part wgt, rec R, <i>(W: fwd R comm. ½ RF trn; sd & bk L cont trn/ {bchg} plc ball of R ft bk take part wgt, rec L.)</i>
	{Basic} rk fwd L, rec R/{bchg} plc ball of L ft bk take part wgt; rec R, <i>(W: rk fwd R, rec L/{bchg} plc ball of R ft bk take part wgt; rec L.)</i>
	{Basic} rk fwd L, rec R/{bchg} plc ball of L ft bk take part wgt, rec R; <i>(W: rk fwd R, rec L/{bchg} plc ball of R ft bk take part wgt, rec L.)</i>
10 – 12	L Turn Basic twice – Basic twice ; ; ;
	{L Turn Basic} bring hands apt in kind of windmill action fwd L com LF trn, fwd R trn LF fc COH/ {bchg} plc ball of L ft bk take part wgt, rec R, <i>(W: fwd R com LF trn, fwd R trn LF fc WALL/{bchg} plc ball of R ft bk take part wgt, rec L.)</i>
	{L Turn Basic} fwd L com LF trn; fwd R trn LF fc WALL/plc ball of L ft bk take part wgt, rec R, <i>(W: fwd R com LF trn; fwd L trn LF fc COH/{bchg} plc ball of R ft bk take part wgt, rec L.)</i>
	{Basic} rk fwd L, rec R/{bchg} plc ball of L ft bk take part wgt; rec R, <i>(W: rk fwd R, rec L/{bchg} plc ball of R ft bk take part wgt; rec L.)</i>
	{Basic} rk fwd L, rec R/{bchg} plc ball of L ft bk take part wgt, rec R; <i>(W: rk fwd R, rec L/{bchg} plc ball of R ft bk take part wgt, rec L.)</i>

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PART B

1 – 3	Chg R to L – Chg Hds Bhd Bk twice – Chg L to R ; ; ;
	{Chg R to L} rk sd L, rec bk R trn ¼ LF/ {bchg} plc ball of L ft bk take part wgt, rec R, <i>(W: sd & fwd R comm RF trn undr jnd ld hnds, sd & bk L comp ¾ RF trn fc RLOD/ {bchg} plc ball of R ft bk take part wgt, rec L,)</i>
	{Chg Hds Bhd Bk} fwd L comm LF trn; sd & bk R comp ½ LF chg hnds bhd bk to fc RLOD/ {bchg} plc ball of L ft bk take part wgt, rec R, <i>(W: fwd R comm. ½ RF trn; sd & bl L cont trn/ {bchg} plc ball of R ft bk take part wgt, rec L,)</i>
	{Chg Hds Bhd Bk} fwd L comm LF trn, sd & bk R comp ½ LF chg hnds bhd bk to fc LOD/ {bchg} plc ball of L ft bk take part wgt; rec R, <i>(W: fwd R comm. ½ RF trn, sd & bl L cont trn/ {bchg} plc ball of R ft bk take part wgt; rec L,)</i>
	{Chg L to R} rk sd L, Rec R to LOP fc WALL/ {bchg} plc ball of L ft bk take part wgt, rec R; <i>(W: sd & fwd R comm LF trn undr jnd ld hnds, Sd & bk L comp ¾ LF trn to fc COH/ {bchg} plc ball of R ft bk take part wgt, rec L;</i>
4 – 6	Lady's Link – Opening Out twice – R to L Exit ; ; ;
	{Lady's Link} rk fwd L ldg W fwd to his R sd, rec R to momentary SCP fc WALL/ {bchg} plc ball of L ft bk take part wght rel ld hnds to ½ OP fc WALL, rec R, <i>(W: fwd R twd Ms R sd com RF trn, sd & bk L to momentary SCP fc WALL/ {bchg} plc ball of R ft bk take part wght rel ld hnds to ½ OP fc WALL, rec L,)</i>
	{Opening Out twice} fwd L trn RF twd ptr; Bk R to L ½ OP fc COH/ {bchg} plc ball of L ft bk take part wght, rec R, fwd L trn RF twd ptr, bk R to ½ OP fc WALL/ {bchg} plc ball of L ft bk take part wght; Rec R jn ld hnds, <i>(W: fwd R trn LF twd ptr; Bk L to L ½ OP fc COH/ {bchg} plc ball of R ft bk take part wght, rec L, fwd R trn LF twd ptr, bk L to ½ OP fc WALL/ {bchg} plc ball of R ft bk take part wght; rec L jn ld hnds,)</i>
	{R to L Exit} rk fwd L raise ld hnds, rec R fc WALL/ {bchg} plc ball of L ft bk take part wght, rec R; <i>(W: fwd R com RF trn undr jnd ld hnds, sd & bk L {bchg} /plc ball of R ft bk take part wght, rec L;)</i>
7 – 8	M Link & Double Pivot Throw Away ; ; ;
1,2&,3,4; 1,2,3&,4;	{M Link & Double Pivot Throwaway} fwd L com LF trn, sd & bk R to SCP fc COH/ {bchg} plc ball of L ft bk take part wght, rec R, fwd L arnd W to CP fc WALL; fwd R btwn ptrs feet with appr 3/8 RF pvt action fc DRC, rec L with appr ¼ RF pvt action fc DLC, fwd R btwn ptrs feet with appr 3/8 pvt action fc WALL let go of ptr with slight push in order to achieve double hand hold at the end of figure/ {bchg} plc ball of L ft bk take part wght, rec R; <i>(W: rk fwd R, rec L/{bchg} plc ball of R ft bk take part wgt, rec L, fwd R btwn ptrs feet; arnd L RF pvt action fc DLW, rec R cont RF pvt, arnd L cont RF pvt/ {bchg} plc ball of R ft bk take part wgt, rec L;)</i>
# 7 – 8	M Link & Double Pivot ; ; ;
	{M Link & Double Pivot} fwd L com LF trn, sd & bk R to SCP fc COH/ {bchg} plc ball of L ft bk take part wght, rec R, fwd L arnd W to CP fc WALL; fwd R btwn ptrs feet with appr 3/8 RF pvt action fc DRC, rec L with appr ¼ RF pvt action fc DLC, fwd R btwn ptrs feet with appr 3/8 pvt action fc WALL / {bchg} plc ball of L ft bk take part wght, rec R; <i>(W: rk fwd R, rec L/{bchg} plc ball of R ft bk take part wgt, rec L, fwd R btwn ptrs feet; arnd L RF pvt action fc DLW, rec R cont RF pvt, arnd L cont RF pvt/ {bchg} plc ball of R ft bk take part wgt, rec L;)</i>

INTERLUDE

1 - 4	¼ Turn Prog Box twice ; ; ; Roll 4 ;
1- 3	repeat actions meas 2 – 4 INTRO
4 1,2,3,4	{Roll 4} fwd L com LF trn, cont LF trn bk R, sd L, cl R to L to low BFLY WALL; <i>(W: fwd R com RF trn, cont RF trn bk L, sd R, cl L to R;)</i>

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PART C

1 - 5	Vine 8 ; ; Twirl Vine 3 touch & Rev ; ; Roll 4 ;
1-2 <i>1,2,3,4</i>	{Vine 8} sd L, XRIB L, sd L, XRIF L; sd L, XRIB L, sd L, XRIF L;
3 <i>1,2,3,-</i>	{Twirl Vine 3 touch} sd L, XRIB L, sd L, tch R to L; <i>(W: sd and fwd R com RF trn, cont RF trn bk L, sd R, tch L to R;)</i>
4 <i>1,2,3,-</i>	{Rev Twirl Vine 3} sd R, XLIB R, sd R, -; <i>(W: sd and fwd L com LF trn, cont LF trn bk R, sd L,-;)</i>
5 <i>1,2,3,4</i>	{Roll 4} fwd L com LF trn, cont LF trn bk R, sd L, cl R to L to OP Fcg WALL; <i>(W: fwd R com RF trn, cont RF trn bk L, sd R, cl L to R;)</i>
6 – 8	Lady's Link – R to L Exit – Man's Link – R to L Exit COH ; ; ;
	{Lady's Link} rk fwd L ldg W to his R sd, rec R/ {bchg} plc ball of L ft bk take part wght, rec R, in SCP fc WALL <i>(W: fwd R twd Ms R sd com RF trn, sd & bk L to momentary SCP fc WALL/ {bchg} plc ball of R ft bk take part wght rel ld hnds to ½ OP fc WALL, rec L,)</i>
	{R to L Exit} rk fwd L raise ld hnds; rec R fc WALL/{bchg} plc ball of L ft bk take part wght, rec R, <i>(W: fwd R com RF trn undr jnd ld hnds; sd & bk L{bchg} /plc ball of R ft bk take part wght, rec L,)</i>
	{Man's Link} fwd L com LF trn, sd & bk R to SCP fc COH/{bchg} plc ball of L ft bk take part wght; rec R, <i>(W: rk fwd R, rec L{bchg} /plc ball of R ft bk take part wgt; rec L,</i>
	{R to L Exit} rk fwd L raise ld hnds, rec R fc COH/{bchg} plc ball of L ft bk take part wght, rec R; <i>(W: fwd R com RF trn undr jnd ld hnds, sd & bk L fc WALL/{bchg} plc ball of R ft bk take part wght, rec L;)</i>

PART D

1 – 3	Chg R to L & L to R – Chg Hds Bhd Bk twice ; ; ;
	repeat actions meas 1 - 1,5 PART A – fc opposit direction – finish fc COH
	repeat actions meas 7 - 8,5 PART A – fc opposit direction – finish fc COH
4 – 6	Lady's Link – R to L Exit – Man's Link – R to L Exit ; ; ;
	repeat actions meas 6 - 8 PART C – fc oppositit direction – finish fc WALL
7 - 8	M Link & Double Pivot Throw Away WALL
<i>1,2&3,4; 1,2,3&4;</i>	repeat action 7-8 PART B

END

1 – 3	Chg R to L & L to R – Chg Hds Bhd Bk twice ; ; ;
	repeat actions meas 1 - 1,5 PART A
	repeat actions meas 7 - 8,5 PART A
4 – 6	Lady's Link – Opening Out twice – R to L Exit ; ; ;
	repeat actions meas 4 - 6 PART B
7 - 8	M Link & Double Pivot ; ; Rk Apt,
	repeat actions meas #7 - 8 PART B – finish fc WALL
	{Rk Apt} rk apt L and sway lead arms

Edits/Changes: End: change Double Pivot Throw Away to only Double Pivot

If you like this dance, than say it to other dancers and cuers.

If you don't like it, say it to us ☺

Thank You

Bernd & Lenka

Baby One More Time

Choreographer: Bernd Zimmermann & Lenka Matějčková (12.2014) (1.1 – 06/16)
 Record: CD Bravo Hits 25 (Britney Spears) speed: + 5 %
 Rhythm/Phase: **Disco Fox** III +1 (**Double Pivot**) +1 (**¼ Turn Prog Box**)

Sequence: INTRO – A B – A B – INT – C D – B – END

INTRO (4) CP DLW - Wait Piano Notes & 1 ;
 ¼ Turn Prog Box twice WALL ; ; ;

PART A (12) Chg Places R to L & L to R – Basic twice ; ; ;
 R Turn Basic twice – Basic twice ; ; ;
 Chg Hds Bhd Bk twice – Basic twice ; ; ;
 L Turn Basic twice – Basic twice ; ; ;

PART B (8) Chg R to L – Chg Hds Bhd Bk twice – Chg L to R ; ; ;
 Ladys Link – Opening Out twice – R to L Exit ; ; ;
 M Link & **Double Pivot** Throw Away ; ;
 2nd time M Link & **Double Pivot** ; ;

INT (4) ¼ Turn Prog Box twice ; ; ; Roll 4 ;

PART C (8) Vine 8 ; ; Twirl Vine 3 & Rev ; ; Roll 4 ;
 Lady's Link – R to L Exit – Man's Link – R to L Exit COH ; ; ;

PART D (8) Chg R to L & L to R – Chg Hds Bhd Bk twice ; ; ;
 Lady's Link – R to L Exit – Man's Link – R to L Exit ; ; ;
 M Link & **Double Pivot** Throw Away WALL ; ; ; (go to B)

END (8) Chg R to L & L to R – Chg Hds Bhd Bk twice ; ; ;
 Ladys Link – Opening Out twice – R to L Exit ; ; ;
 M Link & **Double Pivot** ; ; Rk Apt ,,

Sequence:	INTRO	A	B	A	B	INT	C	D	B	END
start time	m:ss	0:11	0:42	1:02	1:33	1:54	2:05	2:25	2:48	3:06

Baby One More Time Songtext

Oh baby, baby...Oh baby, baby...

Oh baby, baby
How was I supposed to know
That something wasn't right here
Oh baby, baby
I shouldn't have let you go
And now you're out of sight, yeah

Show me how you want it to be
Tell me baby
'Cause I need to know now
Oh, because

My loneliness is killin me
(And I)
I must confess I still believe
(Still believe)
When I'm not with you I lose my
mind
Give me a sign
Hit me baby one more time

Oh baby, baby
The reason I breathe is you
Boy you got me blinded
Oh pretty baby
There's nothing that I wouldn't do
It's not the way I planned it

Show me how you want it to be
Tell me baby
'Cause I need to know now
Oh, because

My loneliness is killin me
(And I)
I must confess I still believe
(Still believe)
When I'm not with you I lose my
mind
Give me a sign
Hit me baby one more time

Oh baby baby
How was I supposed to know
Oh pretty baby
I shouldn't have let you go

I must confess, that my loneliness
Is killing me now
Don't you know I still believe
That you will be here
And give me a sign
Hit me baby one more time

My loneliness is killin me
(And I)
I must confess I still believe
(Still believe)
When I'm not with you I lose my
mind
Give me a sign
Hit me baby one more time

I must confess (My loneliness)
That my loneliness (Is killing me)
Is killing me now (I must confess)
Don't you know I still believe
(Still believe)
That you will be here
(I'm losing my mind)
And give me a sign
Hit me baby one more time

Baby One More Time Songtext

Oh Baby Baby, Oh Baby Baby

Oh Baby Baby, wie hätte ich wissen
können
Das etwas hier nicht in Ordnung war
Oh Baby Baby, ich hätte dich nicht
gehen lassen dürfen
Nun bist du außer Sichtweite
Zeig mir wie du es haben wolltest
Sag es mir Baby, denn ich muss es
jetzt wissen
Oh, denn

Meine Einsamkeit bringt mich um
(und ich)
Ich muss zugeben, dass ich
immernoch glaube (immernoch
glaube)
Wenn ich nicht bei dir bin, verliere
ich meinen Verstand
Gib mir ein Zeichen
Triff mich ein weiteres Mal Baby

Oh Baby Baby, der Grund warum ich
atme bist du
Junge, du hast mich erblinden lassen
Oh schöner, es gibt nichts, was ich
nicht machen würde
Das ist nicht die Art wie ich es
geplant habe

Zeig mir wie du es haben wolltest
Sag es mir Baby, denn ich muss es
jetzt wissen
Oh, denn

Meine Einsamkeit bringt mich um
(und ich)
Ich muss zugeben, dass ich
immernoch glaube (immernoch
glaube)
Wenn ich nicht bei dir bin, verliere
ich meinen Verstand
Gib mir ein Zeichen
Triff mich ein weiteres Mal Baby

Oh Baby Baby, wie hätte ich wissen
können
Oh Baby Baby, ich hätte dich nicht
gehen lassen dürfen

Ich muss zugeben, dass mich meine
Einsamkeit umbringt
Weißt du nicht, dass ich immer noch
glaube
Das du hier sein wirst
Und mir ein Zeichen gibst
Triff mich ein weiteres Mal Baby

Meine Einsamkeit bringt mich um
(und ich)
Ich muss zugeben, dass ich

immernoch glaube (immernoch
glaube)
Wenn ich nicht bei dir bin, verliere
ich meinen Verstand
Gib mir ein Zeichen
Triff mich ein weiteres Mal Baby

Ich muss zugeben (meine Einsamkeit)
Dass meine Einsamkeit (mich
umbringt)
Mich gerade umbringt (ich muss
zugeben)
Weißt du nicht, dass ich immernoch
glaube (immernoch glaube)
Dass du hier sein wirst (ich verliere
meinen Verstand)
Und mir ein Zeichen gibst
Triff mich ein weiteres Mal Baby

Ergänzung:

Mit "Hit me baby" ist trifft im Sinne
von "treffen", sozusagen mit seiner
"Liebe treffen".
Damit ist nicht das physische Treffen
wie "jmd. treffen" gemeint.