

# One Day In Your Life

**COPPER** **KNOB**  
BY SHEETS

Count: 60

Wand: 2

Ebene: Advanced

Choreograf/in: Ros Brander-Stephenson (UK)

Musik: One Day In Your Life - Anastacia



## RIGHT SCUFF, 2 HEEL TAPS, LEFT SCUFF, 2 HEEL TAPS

- 1-4 Scuff right foot forward, place right toe down, taps right heel twice  
5-8 Repeat steps 1-4 using left foot

## KICK AND TOUCH WITH RIGHT FOOT THEN LEFT FOOT

- 9&10 Kick right foot forward, then touch left foot to left side  
11&12 Kick left foot forward, touch right foot to right side

## CROSS AND HEEL JACK TO RIGHT, THEN TO LEFT WITH ¼ TURN LEFT

- 13&14 Cross right over left, step back on left, place right heel forward  
15&16 Cross left over right, step back on right making ¼ turn left, place left heel forward

## ROCK RECOVER RIGHT COASTER, ROCK RECOVER ¾ TRIPLE TURN LEFT

- &17-18 Rock forward on right, recover on left  
19&20 Step back on right, step left beside right, step forward on right  
21-22 Rock forward on left, recover on right  
23&24 Make ¾ turn left stepping left, right, left

## 2 KICK BALL CHANGE TRAVELING LEFT, ROCK RECOVER ½ TURN RIGHT

- 25&26 Kick right foot forward, place right foot down, place left foot beside right  
27&28 Repeat steps 25 & 26  
29-30 Rock forward on right, recover on left  
31-32 Make ½ turn right stepping right, left

## MOVE LEFT, RIGHT AND LEFT SHUFFLE FORWARD

- &33-34 Step right beside left, step left to left, while traveling left, hold  
&35-36 Repeat steps 33-34  
35&36 Step forward on right, close left behind right, step forward on right  
37&38 Step forward on left, close right behind left, step forward on left

## ROCK RECOVER MAKE 1 ½ TURN RIGHT, MOVE RIGHT

- 41-42 Rock forward on right, recover on left  
43-44 Make 1 ¼ turn right, stepping right, left, right  
&45-46 Step right to right, step left to right, while traveling right hold  
&47-48 Repeat steps 45-46

## LEFT SAILOR, FULL TURN RIGHT LEFT SHUFFLE MAKING, ¼ TURN LEFT

- 49&50 Place left behind right, place right to right, place left beside right  
51-52 Link right foot behind left, make full turn right  
53&54 Step left to left side, step right beside left, step left to left

## ROCK RECOVER, MAKE 1 ½ TURN RIGHT

- 55-56 Rock forward on right, recover on left  
57-60 Make 1 ¼ turn right, stepping right, left, right, left

**REPEAT**

## RESTART

On the 4th wall, dance the first 32 counts, 4 second hold, restart the dance again facing back wall. Dance will continue to start at the back wall.

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