

One Lifetime

Count: 32

Wall: 4

Level: Beginner

Choreographer: Andrico Yusran (INA) - March 2019

Music: Just One Lifetime - Sting & Shaggy



Restart on Wall 8 after 16 counts

Start dance after 32 counts ♥

S1# Forward Touch – Back Touch – Forward Lock – Forward Touch – Back Touch – Forward Shuffle

- 1-2 Step R forward touch , R back touch
- 3&4 Step R forward , L cross behind R , R forward
- 5-6 Step L forward touch , L back touch
- 7&8 Step L forward , R close beside L, L forward

S2# Side Close – Side Close Touch – Travelling turn to Left

- 1-2 Step R to side, L close beside R
- 3-4 Step R to side, L close touch beside R
- 5-6 Step L to side, R ½ turn to L
- 7-8 Step L ½ turn to L, R touch beside L

S3# Side – Cross Behind – Side – Cross Behind – Syncopated

- 1-2 Step R to side , L cross behind R
- 3-4 Step L to side , R cross behind L
- 5&6& Step R forward , L in place , R back , L in place
- 7&8 Step R forward, L in place , R close beside L

S4# Side Touch – Side Touch – Syncopated ¼ to R

- 1-2 Step L to side , R touch beside L
- 3-4 Step R to side , L touch beside R
- 5&6& Step L forward, R in place, L back , R in place
- 7&8 Step L forward ¼ turn to R , R in place , L close beside R

Enjoy The Dance ☐

Contact: ricoyusran@yahoo.com