

Only One Life

COPPER KNOB
STEPSHEETS

Count: 64

Wall: 0

Level: Phrased Intermediate

Choreographer: Jaime Macías (MEX) - June 2019

Music: I Love This Life - LOCASH



(6 Count Bridge & 2 Restarts)

Sequence: AAB A(16C) ABA A(16c) A (Bridge) BAA

SECTION A:

SECA1: SIDE ROCK STEP,CROSS BEHIND,STEP & CROSS, SIDE ROCK STEP,CROSS BEHIND,STEP & CROSS

- 1-2 rock right to right side, recover left
- 3-4 cross right behind left, left foot at left & cross right over left
- 5-6 rock left to left side, recover on right
- 7-8 cross left behind right, right foot at right & cross left over right

SECA2: ROCK STEP FWD,TRIPLE STEP,BACK ROCK ,TRIPLE STEP

- 1-2 rock right fwd, recover left
- 3-4 step right back & left at side, step right back
- 5-6 back rock left, recover right
- 7-8 step left fwd & right at side, step left fwd

SECA3: VINE R, TOE TOUCH SIDE L,ROLLING VINE L, TOE TOUCH SIDE R

- 1-2 right foot at right, left cross behind right
- 3-4 right foot at right, toe touch left to side
- 5-6 turn $\frac{1}{4}$ left recover left foot, turn $\frac{1}{4}$ left step right fwd
- 7-8 turn $\frac{1}{2}$ left step left fwd, toe touch right to side

SECA4: ROLLING VINE R, TOE TOUCH SIDE L ROLLING VINE L, STOMP R

- 1-2 turn $\frac{1}{4}$ right recover right foot, turn $\frac{1}{4}$ right step left fwd
- 3-4 turn $\frac{1}{2}$ right step right fwd, toe touch left to side
- 5-6 turn $\frac{1}{4}$ left recover left foot, turn $\frac{1}{4}$ left step right fwd
- 7-8 turn $\frac{1}{2}$ left step left fwd, stomp right

SECTION B:

SECB1: WAVE, ROCK STEP FWD, TURN R, ROCK STEP FWD

- 1-2 right foot at right, left cross behind right
- 3-4 turn $\frac{1}{4}$ right rock right fwd, recover left
- 5-6 turn $\frac{1}{2}$ right step right fwd, turn $\frac{1}{2}$ right step left back
- 7-8 turn $\frac{1}{2}$ right rock right fwd, recover left

SECB2: WAVE, ROCK STEP FWD, PIVOT TURN R, ROCK STEP FWD

- 1-2 turn $\frac{1}{4}$ right right foot at right, left cross behind right
- 3-4 turn $\frac{1}{4}$ right rock right fwd, recover left
- 5-6 turn $\frac{1}{2}$ right step right fwd, turn $\frac{1}{2}$ right step left back
- 7-8 turn $\frac{1}{2}$ right rock right fwd, recover left

SECB3: SAILOR STEP R, TURN R, PIVOT TURN R (x2)

- 1-2 turn $\frac{1}{4}$ right right back, left at side & right fwd
- 3-4 left fwd, turn $\frac{1}{2}$ right
- 5-6 turn $\frac{1}{2}$ right left fwd, turn $\frac{1}{2}$ right right fwd
- 7-8 turn $\frac{1}{2}$ right left fwd, turn $\frac{1}{2}$ right right fwd

SECB4: TURN R, STEP LOCK STEP, STOMP , KICK BALL CROSS

- 1-2 step left fwd, turn ½ right
- 3-4 step left fwd, step right behind left
- 5-6 step left fwd, stomp right
- 7-8 kick right fwd, recover left cross fwd

BRIDGE:

- 1-2 toe touch right fwd, right at side
 - 3-4 toe touch left fwd, left at side
 - 5-6 toe touch right fwd, stomp right
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