

# One Lifetime

**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Yvonne Hammond (AUS)

**Music:** One Lifetime - Noel Haggard



- 1-2 Tap right foot in front of left, kick right forward  
3&4 Shuffle back right-left-right  
5-6 Tap left foot in front of right, kick left forward  
7&8 Shuffle back left-right-left
- 9-11&12 Walk forward right-left, shuffle forward right-left-right  
13-15&16 Step forward on left, pivot  $\frac{1}{2}$  turn right onto right, shuffle forward left-right-left  
17-19&20 Walk forward right-left, shuffle forward right-left-right  
21-23&24 Step forward on left, pivot  $\frac{1}{2}$  turn right onto right, shuffle forward left-right-left
- 25-26 Step out to right on right, step left in place  
27&28 Shuffle across left with right stepping right-left-right  
29-30 Step left to left, turn  $\frac{1}{2}$  turn right onto right  
31&32 Shuffle across right with left stepping left-right-left  
33-34 Step out to right on right, step left in place  
35&36 Shuffle across left with right stepping right-left-right  
37-38 Step left to left, turn  $\frac{1}{2}$  turn right onto right  
39&40 Shuffle across right with left stepping left-right-left
- 41-42 Point right out to right side, slide right beside left  
43&44 Shuffle forward right-left-right  
45-46 Point left out to left side, slide left beside right  
47&48 Shuffle forward left-right-left
- 49-50 Step forward on right, step back on left  
51&52 Turning  $\frac{1}{2}$  turn right shuffle forward right-left-right  
53-54 Step forward on left, step back on right  
55&56 Turning  $\frac{3}{4}$  turn left triple step left-right-left
- 57-59&60 Step forward on right, pivot turn  $\frac{1}{2}$  turn left, shuffle forward right-left-right  
61-63&64 Step forward left, pivot  $\frac{1}{2}$  turn right, shuffle forward left-right-left

**REPEAT**

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