

# Only One Life

**COPPER KNOB**  
STEPSHETS

Compte: 64

Mur: 0

Niveau: Phrased Intermediate



Chorégraphe: Jaime Macías (MEX) - June 2019

Musique: 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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