

# For Once In My Life

**COPPER KNOB**  
BY SHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Herman Baso (INA) & Donny Iswanto (INA) - October 2020

**Musique:** For Once In My Life - Tino Reyes Trio : (Bossa Nova Essentials)



**\*Restart at wall 4 after 28 counts\***

**\*Start to dance after 24 counts intro\***

## **S1# FORWARD SHUFFLE (R - L) - WALK (R-L-R) - ¼ PIVOT - CROSS**

- 1 & 2 Step R forward, L beside R, Step R forward
- 3 & 4 Step L forward, R beside L, Step L forward
- 5 & 6 Walk (R - L - R)
- 7 & 8 Step L forward, ¼ turn right R in Place, Cross L over R

## **S2# RUMBA BOX - COASTER STEP - ROCK FORWARD - SWEEP TURN**

- 1 & 2 Step R to side, L beside R, Step R forward
- 3 & 4 Step L to side, R beside L, Step L back
- 5 & 6 Step R back, L beside R, Step R forward
- 7 - 8 Step L forward, ½ sweep turn to left R beside L

## **S3# MAMBO - SIDE SHUFFLE - ¼ TURN SIDE SHUFFLE**

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

## **S4# CROSS MAMBO (R - L) - CROSS - ROCK - SIDE - ROCK - CLOSE**

- 1 & 2 Cross R over L, L in place, R to side
- 3 & 4 Cross L over R, R in place, L to side
- 5 & 6 Cross R over L, Rock L Back, R to side
- 7 & 8 Rock L forward, R in place, Close L beside R

**Best regard, Herman Baso**

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