

# For Once In My Life

**COPPER** **NOB**  
BY STEPHENETS

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Ribka Tobing (INA) & Ria Lolong (INA) - October 2024

**Musique:** For Once In My Life - Dara Maclean



**INTRODUCTION: 20 counts Instrumental. Start dance on Vocal**

☆ **NO TAGS 1 RESTART on Wall 5 after 8 counts**

## **S1. ROCK FWD, RECOVER, SHUFFLE BWD, ROCK BWD, RECOVER, ½ TURN R SHUFFLE BWD**

- 1 – 2            Rock RF fwd, Recover on LF
- 3 & 4           Step RF bwd, Step LF beside RF, Step RF bwd
- 5 – 6           Rock LF bwd, Recover on RF
- 7 & 8           Turn ½R Step LF bwd, Step RF beside LF, Step LF bwd (6:00)

☆ **RESTART here on wall 5**

## **S2. SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, SAILOR ¼TURN L**

- 1 – 2            Rock RF to side, Recover on LF
- 3 & 4           Cross RF over LF, Step LF to side, Cross RF over LF
- 5 – 6           Rock LF to side, Recover on RF
- 7 & 8           Turn ¼L Step LF behind, Step RF to side, Step LF to side (3:00)

## **S3. SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, SIDE, FWD**

- 1 – 2            Rock RF to side, Recover on LF
- 3 & 4           Step RF behind LF, Step LF to side, Cross RF over LF
- 5 – 6           Rock LF to side, Recover on RF
- 7 & 8           Step LF behind, Step RF to side, Step LF fwd

## **S4. WALK R-L, ½ PIVOT L, LOCK SHUFFLE R-L**

- 1 – 2            Step RF fwd, Step LF fwd
- 3 – 4           Step RF fwd, Turn ½L Step LF in place (9:00)
- 5 & 6           Step RF fwd, Step lock LF behind RF, Step RF fwd
- 7 & 8           Step LF fwd, Step lock RF behind LF, Step LF fwd

**Enjoy the dance...**

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