

Once In A Lifetime Love

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Sue Wilson (NZ) - August 2012
音乐: Once In a Lifetime Love - Alan Jackson : (CD: Drive - also iTunes)



[1 – 8] R Side Rock, Hinge ½ R Shuffle, L Cross and turn ¾ L, Rock Bck

1 2 3 & 4 R Rock Side, Recover onto L, Hinge turn ½ R Side Shuffle (RLR)
5 & 6 7 8 L Cross, ¼ L Step R Back, ½ L Step L Fwd, R Rock Fwd, Recover onto L

[9 – 16] R Lock Step Back, ¼ L Side Rock, L Sailor Step Fwd, R Rock, Fwd Bck

1 & 2 3 4 R Back, L Lock Across, R Back, ¼ L Side, Recover onto R
5 & 6 7 8 L Behind, R Side, L Fwd, R Rock Fwd, Recover onto L

[17 – 24] ½ R Turn & Run Fwd R L R, L Rock Fwd, Back, ¼ R Sailor, R Sailor

1 & 2 3 4 ½ R and Run Fwd R L R, L Rock Fwd, Recover onto R
5 & 6 7 & 8 L Back, ¼ R Side, Recover, R Behind, L Side, Recover

[25 – 32] L Bck, Sweep R Out ¼ R , Rock Bck, Fwd, Ball-Step Fwd, Bck, L Coaster X

1 2 3 4 #L Back, Sweep R Out making ¼ R turn, Rock Bck, Recover Fwd onto L* #
&5 6 7 & 8 R Ball-Step L Fwd, Recover back onto R, L Coaster Cross

Restart: Wall 4 Dance up to Count 28 * - Restart from the beginning

Ending: Wall 8 During wall 8 the music starts to fade out. Keep dancing .

#About Counts 25 – 28 the music will slow

Dance through to 29 (ball step) and Slow Drag R up and close beside L

We hope you enjoy this dance.....listen too to the beautiful words

Contact ~ Email: sioux.wilson@yahoo.com.au