

# Only One Life

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 0  
编舞者: Jaime Macías (MEX) - June 2019  
音乐: I Love This Life - LOCASH

级数: Phrased Intermediate



## (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
-