

# For Once In My Life

**COPPER KNOB**  
STEPPERS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Herman Baso (INA) & Donny Iswanto (INA) - October 2020  
音乐: 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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