

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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