

# For Once In My Life

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Ribka Tobing (INA) & Ria Lolong (INA) - October 2024  
音乐: 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...

Contact email:

Sandrapal59@gmail.com

Dr.ribkatobing@gmail.com