

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