

Hey, For Once in My Life

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Easy Beginner
编舞者: Susan Prats (USA) - February 2025
音乐: For Once In My Life - Stevie Wonder
或: Let the Good Times Roll - Shirley & Lee
或: Respect - Aretha Franklin
或: The Lion Sleeps Tonight - The Tokens
或: Wild Thing - The Troggs



Alternate music selections:

Let the Good Times Roll by Shirley & Lee

Respect by Aretha :09

The Lion Sleeps Tonight by The Tokens :17

Wild Thing by The Troggs :06

NO tags or restarts! CW rotation

Begin: :14

ROCKING CHAIR 2X

1-4 Rock forward R (1), recover L (2), rock back R (3), recover L (4)

5-8 Rock forward R (5), recover L (6), rock back R (7), recover L (8)

VINE RIGHT CROSS TOUCH, STEP CROSS TOUCH 2X

1-4 Step R side (1), step L behind R (2), step R side (3), cross touch L (4)

5-8 Step L side (5), cross touch R (6), step R side (7), cross touch L (8)

LEFT LINDY, JAZZ BOX TURN

1-4 Step L side (1), step L together (&), step L side (2), rock back R (3), recover L (4)

5-8 Step R over L (1), step back L (2) ¼ turn (3:00), step side R (3), step L (4)

K-STEP

1-4 Step R diagonal (1), touch L & clap (2), step L home (3), touch R & clap (4)

5-8 Step R back diagonal (5), touch L & clap (6), step L home (7), touch R & clap (8)

RESTART
