

Once In A Lifetime

拍数: 32 墙数: 4 级数: Intermediate
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音乐: One in a Million - Bosson



ROCK & BACK, CROSS SHUFFLE, ROCK & CROSS, CHASSE

1&2 Rock right to right side, recover weight on left cross right behind left
3&4 Cross left over right, step right to right side, cross left over right
5&6 Rock right to right side, recover weight on left, cross right over left
7&8 Step left to left side, step right beside left, step left to left side

ROCK BACK TURN LEFT, ROCK BACK TURN RIGHT, CROSS UNWIND, SAILOR STEP

1&2 Rock back on right, recover weight on left, turn $\frac{1}{2}$ left, step back on right
3&4 Rock weight back on left, recover weight on right, turn $\frac{1}{2}$ right
5-6 Cross right behind left, unwind $\frac{1}{2}$ turn right (weight on left)
7&8 Cross right behind left, step left to left, step right in place

CHASSE, FULL TURN RIGHT, $\frac{1}{4}$ TURN RIGHT SHUFFLE

1&2 Step left to left, bring right beside left, step left to left
3-4 Step right $\frac{1}{2}$ turn right, step left $\frac{1}{2}$ turn (traveling right)
5&6 Step right $\frac{1}{4}$ turn right, step left to right, step right forward
7-8 Step back on left, drag right to left, (hitching right knee)

HEEL SWITCHES, PIVOT $\frac{1}{2}$ RIGHT, COASTER STEP, $\frac{1}{4}$ TURN CHASSE

&1&2 Step right in place, touch left heel forward, step left in place, touch right heel forward
&3-4 Step right in place, step left forward, pivot $\frac{1}{2}$ turn right
5&6 Step back on right, step left beside right, step right forward
7&8 Turn $\frac{1}{4}$ right on left, bring right beside left, step left to left side

REPEAT
