

Once In A Lifetime

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Phil Johnson (UK)
音乐: Once in a Lifetime - Keith Urban



Sequence: (Single version) 64, 32, 64, 64, 16, 64, 16, 64, 64, 48 to fade ending. (Album version) 64, 32, 64, 64, 16, 64, 16, 64, 64, 64, 64, 64, 24 to fade. Do a full turning right Monterey to the home wall, dig left heel forward and cross touch

As the intro counts in bump hips forward and back with left foot forward. End forward with weight on left ready to start dance

ROCK RIGHT FORWARD, RECOVER; RIGHT SHUFFLE BACKWARDS; ROCK BACK, RECOVER; LEFT SHUFFLE FORWARD

1-2 Rock forward on right, recover weight back on left
3&4 Step back on right, step left beside right, step back on right
5-6 Rock back on left, recover weight forward on right
7&8 Step left forward, step right beside left, step forward on left. (12:00)

CROSS RIGHT, ¼ TURN RIGHT STEPPING BACK ON LEFT; RIGHT TO SIDE, CROSS LEFT, ROCK RIGHT RECOVER ¼ TURN LEFT STEP RIGHT FORWARD. TWO WALKS FORWARD

9-10 Cross step right over left, ¼ turn right stepping back on left
11-12 Step right to right side, cross step left over right, (3:00)
13-14 Rock right to right side, recover weight on left with ¼ turn left
15-16 Step right forward, step left forward (12:00)

Restart at this point on walls 5 (facing 3:00) and 7 (facing 6:00)

POINT CROSS TWICE; ½ RIGHT MONTEREY; LEFT HEEL DIG, LEFT TOUCH ACROSS RIGHT

17-20 Point right to right side, cross step right over left; point left to left side, cross step left over right,
21-24 Point right to right side, (on left) pivot half turn right stepping right beside left, dig left heel forward, cross touch left toe across right (6:00)

When dancing to the album track the dance ends during wall 14 (home) on counts 21-24. On count 22 do a full turning right Monterey to the home wall, dig left heel forward and cross touch

FULL TURN LEFT (TRAVELING FORWARD); ROCK LEFT FORWARD, RECOVER; TWO HOPS BACKWARDS

25-28 Full turn left (traveling forward) stepping left right left right
29-32 Rock forward on left, recover weight back on right, hop backwards on right twice (leaning slightly forward with left leg slightly bent at knee) (6:00)

On wall 2 on count 31/32 omit the hops backwards and step back on left, touch right beside left ready to start from count 1 of the dance. You will be facing 9:00

¼ TURN LEFT, WEAVE, POINT RIGHT TO RIGHT; 1 ¼ TURNS RIGHT, STEP LEFT FORWARD

33-36 ¼ turn left stepping left to left side, cross step right in front of left, step left to left side, point right toe to right side (3:00)
37-40 ¼ turn right stepping onto right, (traveling forward) ½ turn right stepping back on left, ½ turn right stepping right forward, step forward on left (6:00)

¼ TURNING JAZZ BOX, POINT CROSSES TWICE

41-44 Cross step right over left; step back on left (start ¼ turn right), ¼ turn right stepping right to right side, cross step left over right (9:00)
45-48 Point right to right side, cross step right over left, point left to left side, cross step left over right, (weight on left) (9:00)

UNWIND HALT TURN RIGHT; BUMP HIPS

49-50 Unwind half turn right (weight on left)

51-52 Bump hips right left

53-56 Bump hips right left right left (as sexy as you feel comfortable with!!) (3:00)

When dancing to the single, on counts 49/52 as the music fades on the last wall (starting facing 12:00) unwind $\frac{1}{4}$ turn right from 9:00 wall to the home wall and bump hips till the music is no more

ROCK FORWARD RECOVER, $\frac{3}{4}$ TURN TWICE

57-58 Rock forward on right, recover weight back on left

59&60 Shuffle three quarter turn right stepping right left right; (12:00)

61-62 Rock forward on left, recover weight back on right

63-64 Shuffle three quarter turn left stepping left right left; (3:00)

REPEAT
