

# One Day In Your Life

**COPPER** **KNOB**  
STEPSHEETS

拍数: 60      墙数: 2      级数: Advanced  
编舞者: Ros Brander-Stephenson (UK)  
音乐: One Day In Your Life - Anastacia



## RIGHT SCUFF, 2 HEEL TAPS, LEFT SCUFF, 2 HEEL TAPS

1-4      Scuff right foot forward, place right toe down, taps right heel twice  
5-8      Repeat steps 1-4 using left foot

## KICK AND TOUCH WITH RIGHT FOOT THEN LEFT FOOT

9&10      Kick right foot forward, then touch left foot to left side  
11&12      Kick left foot forward, touch right foot to right side

## CROSS AND HEEL JACK TO RIGHT, THEN TO LEFT WITH ¼ TURN LEFT

13&14      Cross right over left, step back on left, place right heel forward  
15&16      Cross left over right, step back on right making ¼ turn left, place left heel forward

## ROCK RECOVER RIGHT COASTER, ROCK RECOVER ¾ TRIPLE TURN LEFT

&17-18      Rock forward on right, recover on left  
19&20      Step back on right, step left beside right, step forward on right  
21-22      Rock forward on left, recover on right  
23&24      Make ¾ turn left stepping left, right, left

## 2 KICK BALL CHANGE TRAVELING LEFT, ROCK RECOVER ½ TURN RIGHT

25&26      Kick right foot forward, place right foot down, place left foot beside right  
27&28      Repeat steps 25 & 26  
29-30      Rock forward on right, recover on left  
31-32      Make ½ turn right stepping right, left

## MOVE LEFT, RIGHT AND LEFT SHUFFLE FORWARD

&33-34      Step right beside left, step left to left, while traveling left, hold  
&35-36      Repeat steps 33-34  
35&36      Step forward on right, close left behind right, step forward on right  
37&38      Step forward on left, close right behind left, step forward on left

## ROCK RECOVER MAKE 1 ½ TURN RIGHT, MOVE RIGHT

41-42      Rock forward on right, recover on left  
43-44      Make 1 ¼ turn right, stepping right, left, right  
&45-46      Step right to right, step left to right, while traveling right hold  
&47-48      Repeat steps 45-46

## LEFT SAILOR, FULL TURN RIGHT LEFT SHUFFLE MAKING, ¼ TURN LEFT

49&50      Place left behind right, place right to right, place left beside right  
51-52      Link right foot behind left, make full turn right  
53&54      Step left to left side, step right beside left, step left to left

## ROCK RECOVER, MAKE 1 ½ TURN RIGHT

55-56      Rock forward on right, recover on left  
57-60      Make 1 ¼ turn right, stepping right, left, right, left

**REPEAT**

## RESTART

On the 4th wall, dance the first 32 counts, 4 second hold, restart the dance again facing back wall. Dance will continue to start at the back wall.

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