

# One Lifetime

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Yvonne Hammond (AUS)  
音乐: One Lifetime - Noel Haggard



- 1-2            Tap right foot in front of left, kick right forward  
3&4           Shuffle back right-left-right  
5-6           Tap left foot in front of right, kick left forward  
7&8           Shuffle back left-right-left
- 9-11&12      Walk forward right-left, shuffle forward right-left-right  
13-15&16     Step forward on left, pivot  $\frac{1}{2}$  turn right onto right, shuffle forward left-right-left  
17-19&20     Walk forward right-left, shuffle forward right-left-right  
21-23&24     Step forward on left, pivot  $\frac{1}{2}$  turn right onto right, shuffle forward left-right-left
- 25-26        Step out to right on right, step left in place  
27&28        Shuffle across left with right stepping right-left-right  
29-30        Step left to left, turn  $\frac{1}{2}$  turn right onto right  
31&32        Shuffle across right with left stepping left-right-left  
33-34        Step out to right on right, step left in place  
35&36        Shuffle across left with right stepping right-left-right  
37-38        Step left to left, turn  $\frac{1}{2}$  turn right onto right  
39&40        Shuffle across right with left stepping left-right-left
- 41-42        Point right out to right side, slide right beside left  
43&44        Shuffle forward right-left-right  
45-46        Point left out to left side, slide left beside right  
47&48        Shuffle forward left-right-left
- 49-50        Step forward on right, step back on left  
51&52        Turning  $\frac{1}{2}$  turn right shuffle forward right-left-right  
53-54        Step forward on left, step back on right  
55&56        Turning  $\frac{3}{4}$  turn left triple step left-right-left
- 57-59&60     Step forward on right, pivot turn  $\frac{1}{2}$  turn left, shuffle forward right-left-right  
61-63&64     Step forward left, pivot  $\frac{1}{2}$  turn right, shuffle forward left-right-left

**REPEAT**

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