

# Once In My Life

**COPPER** KNOB  
BY STEPHENETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Helen Born (USA) & Nita Lindley (USA) - August 2011  
音乐: For Once In My Life - Scotty McCreery : (from American Idol)



## Start dancing on lyrics

### TURN ¼ RIGHT SHUFFLE, ¼ TURN WALK WALK, TURN ¼ RIGHT SHUFFLE, ¼ TURN WALK WALK

1&2-3-4      Turn ¼ right shuffle right, left, right, turn ¼ right walk left walk right  
5&6-7-8      Turn ¼ right shuffle left, right, left turn ¼ right walk right walk left 12:00

### ½, SHUFFLE, ½, SHUFFLE

1-2-3&4      Step right forward, turn ½ left, shuffle right, left, right  
5-6-7&8      Step left forward, turn ½ right shuffle left, right, left

### CROSS RIGHT & LEFT

1-2&3-4      Cross right over left, step left, cross right behind left, step left, cross right over left  
5-6&7-8      Cross left over right, step right, cross left behind right, step right, cross left over right

### TURN ¼ RIGHT AND ROCK STEPS & COASTER STEPS

1-2-3&4      Rock turn ¼ right on right, recover left, right coaster 3:00  
5-6-7&8      Rock left forward, recover right, left coaster step

## REPEAT

---