

Lifetime Love

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sadiyah Heggernes (NOR/UK) - July 2012
音乐: Once In a Lifetime Love - Alan Jackson : (Album: Drive)



16 Count intro – start on vocals - 1 restart during Wall 4

Section 1: Basic L, R Chasse, Cross Rock, Recover, Sweep, Sailor ¼ Turn L

1-2& Step L long step to L side. Rock back on R (slightly behind L). Recover onto L
3&4 Step R to R side. Step L beside R. Step R to R side
5-6 Cross rock L over R. Recover onto R.
7&8 Sweep L out & around. ¼ turn L. Cross L behind R. Step R beside L. Step forward on L 9.00

Section 2: Rock Forward, Recover, Ball Step, Lockstep Forward, Step, ½ Pivot L, Step, Full Turn R, Step

1-2& Rock forward on R. Recover onto L. Step R beside L
3&4 Step forward on L. Lock R behind L. Step forward on L
5&6 Step forward on R. ½ pivot L. Step forward on R
7&8 ½ turn R. Step back on L. ½ turn R. Step forward on R. Step forward on L 3.00

Section 3: Basic R, L Chasse, Cross Rock, Recover, Sweep, Sailor Cross ¾ Turn R

1-2& Step R long step to R side. Rock back on L (slightly behind R). Recover onto R
3&4 Step L to L side. Step R beside L. Step L to L side
5-6 Cross rock R over L. Recover onto L
7&8 Sweep R out & behind L. Cross R behind L. ¾ turn R. Step L beside R. Cross R over L 12.00

Section 4: Ball Cross, Unwind ½ Turn L, Side Rock Recover, Cross, Ball Cross Rock, Recover, Sweep, Sailor ¼ Turn R

&1-2 Small step L to L side. Cross R over L. Unwind ½ turn L (weight on L) 6.00
3&4 Rock R to R side. Recover onto L. Cross R over L *R*

Restart here during wall 4 facing 9.00

&5-6 Step L to L side. Cross rock R over L. Recover onto L
7&8 Sweep R out & around. 1/4 turn R. Cross R behind L. Step L beside R. Step forward on R 9.00

Choreographer's Note: The dance will go slightly out of phrasing towards the end of the track. Just keep on dancing!