

Once In A Lifetime

拍数: 16 墙数: 4 级数: Beginner
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音乐: Once in a Lifetime - Craig David



Intro: 32 counts

CROSS, STEP, SYNCOPATED WEAVE, SIDE ROCK, RECOVER, SYNCOPATED WEAVE WITH TURN ¼ LEFT

1-2 Cross left over, step right side
3&4 Behind-side-cross left-right-left
5-6 Rock right side, recover to left
7&8 Cross right behind, turn ¼ left and step left forward, step right forward

ROCK, RECOVER, LOCK STEP BACK, BACK, TOUCH, BACK, TOUCH, RIGHT CHASSÉ

1-2 Rock left forward, recover to right
3&4 Locking chassé back left-right-left
5& Step right back, touch left together
6& Step left back, touch right together
7&8 Chassé side right-left-right

REPEAT

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