

# Only Once

**COPPER KNOB**  
STEPPERS

拍數: 64      牆數: 2      級數: Easy Intermediate  
編舞者: Stephan Lawson (FR) - March 2015  
音樂: We Live Only Once – Shannon Noll



To Manu ....  
Intro 32 counts

## [1-8] HEEL JACK, LEFT ¼ TURN ( 2x) CROSS AND CROSS

1-2 &3&4      RF to Right side- Cross LF behind RF, RF to right side, Left heel forward, cross RF over LF  
5-6      Right ¼ turn ( With LF ) , right ¼ turn ( with RF )  
7&8      Right cross and cross with LF

## [9-16] STEP FORWARD, HOLD, BALL STEP, TOE ( 2 times Right and Left )

1-2      RF to right diagonal, Hold  
&3-4      Recover LF beside, RF forward, Left toe to Right side behind RF  
5- 6      LF to Left diagonal, Hold  
&7-8      Recover RF beside, LF forward, Right toe to left side behind LF

## [17-24] 1/4 TURN, KICK BALL CHANGE, ½ TURN , KICK BALL CHANGE

1-2      RF forward, left ¼ turn  
3&4      Right Kick ball  
5-6      RF forward, left ½ turn  
7&8      Right kick ball change

## [25-32] JAZZBOX ¼ TURN, LEFT FULLTURN, RIGHT SIDE, LEFT RECOVER

1-4      Jazzbox ¼ turn to right  
5-6      Left Full turn ( RF, LF)  
7-8      RF to right side, recover LF beside ( weight on LF )

## [33-40] STEP TURN, HEELJACK, LEFT ROCK STEP, BACK, FLICK, TOE

1-2      RF forward, left ¼ turn  
3&4      Cross RF over LF, LF to left side, Right heel forward  
&5-6      Recover RF beside, Left rock step forward  
7-8      LF back, Flick back with RF (7) , Right toe to right side (8)

## [41-48] RIGHT MONTEREY HALF TURN, LEFT SHUFFLE, RIGHT SIDE HITCH, LEFT SIDE HITCH

1-2      Recover RF beside LF with right ½ turn, Left toe to left side  
3&4      Left shuffle forward  
5-6      Left ¼ turn ( RF to right side ) , Hitch Left knee cross over right  
7-8      LF to Left, Hitch right knee cross over left

## [49-56] RIGHT STOMP- HOLD, LEFT SAILOR STEP ( 2x)

1-2      Stomp RF to right diagonal, Hold  
3&4      Left Sailor step  
5-8      Dance again the last four counts

## [57-64] STEP TURN, RIGHT KICK BALL CHANGE, LEFT FULL TURN, JUMP TOUCH

1-2      RF forward, left ½ turn  
3&4      Right Kick ball  
5-6      Left Full turn ( RF, LF)  
&7&8      Jump to the right with RF, Touch LF beside RF, Jump PG to the left with LF, Touch RF beside LF

ENJOY !!!

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