

One Lifetime

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
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音樂: Just One Lifetime - Sting & Shaggy



Restart on Wall 8 after 16 counts

Start dance after 32 counts ♥

S1# Forward Touch – Back Touch – Forward Lock – Forward Touch – Back Touch – Forward Shuffle

1-2 Step R forward touch , R back touch
3&4 Step R forward , L cross behind R , R forward
5-6 Step L forward touch , L back touch
7&8 Step L forward , R close beside L, L forward

S2# Side Close – Side Close Touch – Travelling turn to Left

1-2 Step R to side, L close beside R
3-4 Step R to side, L close touch beside R
5-6 Step L to side, R ½ turn to L
7-8 Step L ½ turn to L, R touch beside L

S3# Side – Cross Behind – Side – Cross Behind – Syncopated

1-2 Step R to side , L cross behind R
3-4 Step L to side , R cross behind L
5&6& Step R forward , L in place , R back , L in place
7&8 Step R forward, L in place , R close beside L

S4# Side Touch – Side Touch – Syncopated ¼ to R

1-2 Step L to side , R touch beside L
3-4 Step R to side , L touch beside R
5&6& Step L forward, R in place, L back , R in place
7&8 Step L forward ¼ turn to R , R in place , L close beside R

Enjoy The Dance ☐

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