

# One Lifetime

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Andrico Yusran (INA) - March 2019  
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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