

# One Day In Your Life

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Tri Artiyanti (INA) - April 2020  
音樂: One Day in Your Life - Michael Jackson



## Tag & Restart

### #1. SIDE - BACK ROCK - FORWARD LR - TOUCH BEHIND - DROP HEEL - HITCH - BACK WITH SWEEP RL - CROSS BEHIND - SIDE - CROSS

1-2&      Step R to R side, L cross behind R, Step R in place  
3-4&      Step forward L - R, L touch behind R  
5-6      L drop - Hitching R knee to R side, Step R back and sweeping L from front to back  
7-8&      Step L back and sweeping R from front to back, R cross behind L, step L to L side

Restart on W 5 after "8&" with L close to R

### II. CROSS OVER , SIDE SWAY L-R-L-R, CROSS BEHIND, SIDE , CROSS OVER WITH SWEEP, CROSS OVER, SIDE

1-2      R cross over L, Step L to L side while Sway (hips to L)  
3-5      Hips to R-L-R  
6&7      L Cross behind R, Step R to R side, L cross over R sweeping R from back to front  
8&      R cross over L, step L to L side

### III. BACK ROCK, 1/4 TURN L , BACK , FORWARD LOCK SHUFFLE, FORWARD, PIVOT 1/2 R, FORWARD, FULL TURN, FORWARD,

1-2&3      Step R back, Recover to L, turn 1/4L Step R to R side, Step L back  
4&5      Step R forward, L behind R, Step R forward  
6&7      Step L forward, pivot 1/2R weight on R, Step L forward

Tag on W 3 & 8 after 23 C

Count 8 change turn 1/4 R step R to R side n pose 3 C with R arms cross the chess

8&      Turn 1/2 L Step R back, turn 1/2 L Step L forward,

### #4. FORWARD RL - ¼ TURN R - CROSS - SIDE - SWAY - ¼ TURN R - ½ TURN R - SIDE ROCK

1-2&      Step R forward, step L forward, ¼ turn right step R in place  
3-4      step L cross over R, step R to right side with hips to right  
5-6&      Recover on L with hips to left, ¼ turn right step R forward, ½ turn right step L back  
7-8      ¼ turn right step R to right side, recover on L

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