

One Day In Your Life

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Intermediate
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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 - 1/4 TURN R - CROSS - SIDE - SWAY - 1/4 TURN R - 1/2 TURN R - SIDE ROCK

1-2& Step R forward, step L forward, 1/4 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, 1/4 turn right step R forward, 1/2 turn right step L back
7-8 1/4 turn right step R to right side, recover on L

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