

One Day in Your Life

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Low Intermediate
編舞者: Cahaya Mega (INA) - June 2020
音樂: One Day in Your Life - Michael Jackson



Intro : 16 count

*Tag : On wall 3 and 8 after 24 count

*Restart : on wall 5 after 8 count

**SEC 1 : Fwd with Sweep – Cross – Side – Back with Sweep – Behind Cross – Side – Fwd – Side – Turn ¼ R
Fwd – Pivot Turn**

1 RF fwd with sweep LF from back to forward
2 & 3 LF cross over RF – RF side to R – LF back with sweep RF from fwd to back
4 & 5 RF cross behind LF – LF side to L – RF fwd
6 & 7 LF side rock – recover RF make ¼ turn R – LF fwd (3.00)
8 & ½ turn L step RF back – ½ turn L step LF fwd (3.00)

SEC 2 : Rumba box – back – coaster step – lunge fwd – recover

1 2 3 Big step RF to R side – LF dragging to next RF – RF fwd
3 4 & Big step LF to L side – RF dragging to next LF – LF back
5 step RF backward
6 & 7 step LF back – RF next to LF – LF fwd
8 & step RF lunge fwd – Recover LF (3.00)

SEC 3 : Basic night club make ¼ turn R – back ¼ turn R side - ¼ turn R – behind cross – point

1 2 & Turn ¼ R big step RF to R side dragging LF – Rock LF behind RF – Recover on RF slightly
cross over LF (6.00)
3 turn ¼ R stepping LF back (9.00)
4 & 5 turn ¼ R big step RF to R side (12.00) LF rock behind over RF – recover Rf slightly cross
over LF
6 & 7 Big Step LF to L side – RF rock behind over LF – Recover LF slightly cross over RF
8 point RF to R side

SEC 4 : Cross Rock – Recover – Together 2x – Pivot – turn ½ - turn ½

1 2 & RF Cross Rock Over LF – Recover on LF – RF Together LF
3 4 & LF Cross Rock Over RF – Recover on RF – LF Together RF
5 6 RF fwd – Turn ½ L (weight on LF)
7 & 8 & Step RF Fwd – Turn ½ L onto L – Step RF fwd – Turn ½ L onto L (weight on L) (6.00)

*Tag : On wall 3 and 8 After 24 Count –
RF Dragging toward LF 3 count (facing 12.00)

*Restart on wall 5 After 8 Count (Facing 12.00)