

# 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)