

Once In A Lifetime

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Karen Knight (UK) - February 2021
音樂: Once In a Lifetime (feat. Drake White) - Mac McAnally



Intro: Start after count 16

Section 1: Walk x 2, Right Shuffle, Step Pivot 1/2, Left Shuffle

1,2 Walk forward stepping right, left
3&4 Step right forward. Step left beside right. Step right forward
5,6 Step left forward. Pivot 1/2 turn right (6:00)
7&8 Step left forward. Step right beside left. Step left forward

Section 2: Side, Hold, Close, Side Touch, Rolling Vine Left Touch

1,2& Step right to right side. Hold. Step left beside right
3,4 Step right to right side. Touch left beside right
5,6 Step left 1/4 turn left. Turn 1/2 left stepping right back
7,8 Turn 1/4 left stepping left to left side. Touch right beside left

Non-turning steps 5-8. Vine Left Touch

5-8 Step left to left side. Cross right behind left. Step left to left side. Touch right beside left

Section 3: Modified Rumba Box

1,2 Step right to right side. Step left beside right
3&4 Step right forward. Step left beside right. Step right forward
5,6 Step left to left side. Step right beside left
7&8 Step left back. Step right beside left. Step left back

Section 4: Back, Hold, Close, Back Touch, Walk x 2, Left Shuffle

1,2& Step right back. Hold. Step left beside right
3,4 Step right back Touch left beside right
5,6 Walk forward stepping left, right
7&8 Step left forward. Step right beside left. Step left forward

Section 5: Modified Toe Heel Switch x 4, Step Pivot 1/4

1,2& Touch right toe to right side. Hold. Step right beside left
3,4& Touch left toe to left side. Hold, Step left beside right
5& Touch right heel forward. Step right beside left
6& Touch left heel forward. Step left beside right
7,8 Step right forward. Pivot 1/4 turn left (3:00)

Section 6: Cross Shuffle, Hinge 1/2 Turn, Cross, Hinge 1/2 Turn, Touch

1&2 Cross right over left. Step left to left side. Cross right over left
3 #*,4 Turn 1/4 right stepping left back (6:00). Turn 1/4 right stepping right to right side (9:00)
5,6 Cross left over right. Turn 1/4 left stepping right back (6:00)
7,8 Turn 1/4 left stepping left to left side (3:00). Touch right beside left

Step Change: #Wall 5 (12:00) after 43 Counts (facing 6:00)

1/4 Touch

4 Touch right beside left making 1/4 turn right (:00)

Tag

End of Wall 2 (3:00 - add Tag facing 6:00)

End of Wall 4 (9:00 - add Tag facing 12:00)

Side, Hold, Close, Jazz box

1,2& Step right to right side. Hold. Step left beside right

3-6 Cross right over left. Step left back. Step right to right side. Step left beside right

Restart: *Wall 5 after Step Change
