

Only Once in My Life

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: W.L.D. (KOR) - August 2022
音樂: Solamente una Vez - Natalie Cole



No tag, no restart

Section 1 - Rumba box

1 2 step R to side, close L next to R
3&4 step R fwd, step L next to R, step R fwd
5 6 step L to side, close R next to L
7&8 step L back, step R next to L, step L back

Section 2 - Back rock, 1/2 L, back shuffle, back rock, 1/2 R, back shuffle

1 2 rock R back, recover on L
3&4 1/4 turn L stepping R to side, step L next to R, 1/4 turn L stepping R back
5 6 rock L back, recover on R
7&8 1/4 turn R stepping L to side, step R next to L, 1/4 turn R stepping L back

Section 3 - Side rock, behind, side, cross, side rock, cross, 1/2 L

1 2 rock R to side, recover on L
3&4 step R behind, step L to side, step R cross over L
5 6 rock L to side, recover on R
7&8 step L cross over R, 1/4 turn L stepping R back, 1/4 turn stepping L to side

Section 4 - Cross rock, 1/4 sweep, cross, 1/2 L, touch

1 2 rock R cross over L, recover on L
3 4 1/4 turn R stepping R fwd, sweep L from back to front
5 6 step L cross over R, 1/4 turn L stepping R back
7 8 1/4 turn L stepping L to side, touch R next to L
