

# 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

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