

# For Once In My Life

**COPPER KNOB**  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Ribka Tobing (INA) & Ria Lolong (INA) - October 2024  
音樂: For Once In My Life - Dara Maclean



**INTRODUCTION: 20 counts Instrumental. Start dance on Vocal**

☆ NO TAGS 1 RESTART on Wall 5 after 8 counts

## **S1. ROCK FWD, RECOVER, SHUFFLE BWD, ROCK BWD, RECOVER, ½ TURN R SHUFFLE BWD**

1 – 2                      Rock RF fwd, Recover on LF  
3 & 4                      Step RF bwd, Step LF beside RF, Step RF bwd  
5 – 6                      Rock LF bwd, Recover on RF  
7 & 8                      Turn ½R Step LF bwd, Step RF beside LF, Step LF bwd (6:00)

☆ RESTART here on wall 5

## **S2. SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, SAILOR ¼TURN L**

1 – 2                      Rock RF to side, Recover on LF  
3 & 4                      Cross RF over LF, Step LF to side, Cross RF over LF  
5 – 6                      Rock LF to side, Recover on RF  
7 & 8                      Turn ¼L Step LF behind, Step RF to side, Step LF to side (3:00)

## **S3. SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, SIDE, FWD**

1 – 2                      Rock RF to side, Recover on LF  
3 & 4                      Step RF behind LF, Step LF to side, Cross RF over LF  
5 – 6                      Rock LF to side, Recover on RF  
7 & 8                      Step LF behind, Step RF to side, Step LF fwd

## **S4. WALK R-L, ½ PIVOT L, LOCK SHUFFLE R-L**

1 – 2                      Step RF fwd, Step LF fwd  
3 – 4                      Step RF fwd, Turn ½L Step LF in place (9:00)  
5 & 6                      Step RF fwd, Step lock LF behind RF, Step RF fwd  
7 & 8                      Step LF fwd, Step lock RF behind LF, Step LF fwd

Enjoy the dance...

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