

# Hey, For Once in My Life

**COPPER** **KNOB**  
BY SHEETS

拍數: 32      牆數: 4      級數: Easy Beginner  
編舞者: Susan Prats (USA) - February 2025  
音樂: For Once In My Life - Stevie Wonder  
或: Let the Good Times Roll - Shirley & Lee  
或: Respect - Aretha Franklin  
或: The Lion Sleeps Tonight - The Tokens  
或: Wild Thing - The Troggs



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## Alternate music selections:

Let the Good Times Roll by Shirley & Lee

Respect by Aretha :09

The Lion Sleeps Tonight by The Tokens :17

Wild Thing by The Troggs :06

**NO tags or restarts! CW rotation**

Begin: :14

## ROCKING CHAIR 2X

1-4            Rock forward R (1), recover L (2), rock back R (3), recover L (4)

5-8            Rock forward R (5), recover L (6), rock back R (7), recover L (8)

## VINE RIGHT CROSS TOUCH, STEP CROSS TOUCH 2X

1-4            Step R side (1), step L behind R (2), step R side (3), cross touch L (4)

5-8            Step L side (5), cross touch R (6), step R side (7), cross touch L (8)

## LEFT LINDY, JAZZ BOX TURN

1-4            Step L side (1), step L together (&), step L side (2), rock back R (3), recover L (4)

5-8            Step R over L (1), step back L (2) ¼ turn (3:00), step side R (3), step L (4)

## K-STEP

1-4            Step R diagonal (1), touch L & clap (2), step L home (3), touch R & clap (4)

5-8            Step R back diagonal (5), touch L & clap (6), step L home (7), touch R & clap (8)

## RESTART

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