

# Once In A Lifetime

**COPPER** **KNOB**  
BY STEPHEN BRETZ

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Michael Vera-Lobos (AUS)  
音樂: Once in a Lifetime - Keith Urban



## DIAGONAL, TOUCH BESIDE, BALL STEP DIAGONAL, ¼ STEP RIGHT, SAILOR ¼ RIGHT, ¼ RIGHT, KICK RIGHT

- 1-2&3-4      Diagonal step right, touch left beside right, stepping left beside right diagonal step forward right to right corner, turning ¼ right to 3:00 wall step left to left, kick right to right side (3:00)  
5&6-7-8      Turning ¼ right sailor right stepping right, left, right (6:00), turning a further ¼ right step left to left, kick right to right side (9:00)

## & ¼ LEFT, ½ LEFT, ¼ SIDE SHUFFLE LEFT, CROSS ROCK, REPLACE, BALL CROSS, POINT SIDE

- &1-2-3&4&      Cross right behind left, turn ¼ left on left, turn a further ½ left, turning a further ¼ left side shuffle to left stepping left, right, left (9:00)  
5-6&7-8      Cross rock right over left, rock back on left & stepping right to right cross left over right, point right toe to right side (9:00)

## CROSS TOUCH FORWARD, TOUCH SIDE, BALL CROSS, STEP SIDE, SAILOR LEFT, TOUCH RIGHT BEHIND, ½ UNWIND RIGHT

- 1-2&3-4      Touch right toe forward across left, touch right toe to right side & stepping right to right cross left over right, step right to right (9:00)  
5&6-7-8      Sailor left stepping left, right, left, touch right toe behind left, unwind ½ right ending weight right (3:00)

## CRADLE ROCK FORWARD LEFT, ROCK BACK, ROCK BACK, ROCK FORWARD, FULL TURN FORWARD RIGHT, SIDE SHUFFLE

- 1-2-3-4      Rock forward left, rock back right, rock back left, rock forward right (3:00)  
5-6-7&8      Travel forward - turn a full turn forward right stepping onto left then right (3:00), side shuffle left stepping left, right, left (3:00)

## ROCK BEHIND, REPLACE, STEP SIDE, CROSS BEHIND, ¼ RIGHT, ½ RIGHT, ¼ SIDE SHUFFLE RIGHT

- 1-2-3-4      Rock right behind left, rock forward on left, step right to right, cross left behind right (3:00)  
5-6-7&8      Travel right - turn ¼ right on right, turn a further ½ right stepping left, turning ¼ right side shuffle right, left, right (3:00)

## ROCK BEHIND, REPLACE, STEP SIDE, CROSS BEHIND, ¼ LEFT, ½ LEFT, ¼ SIDE SHUFFLE LEFT

- 1-2-3-4      Rock left behind right, rock forward on right, step left to left, cross right behind left (3:00)  
5-6-7&8      Travel left - turn ¼ left on left, turn a further ½ left stepping right, turning ¼ left side shuffle left, right, left (3:00)

## CROSS ROCK, REPLACE, BALL CROSS, ¼ LEFT, COASTER BACK, STEP FORWARD, ½ PIVOT LEFT

- 1-2&3-4      Cross rock right over left, rock back on left & stepping right to right cross left over right, turning ¼ right step back on right (12:00)  
5&6-7-8      Coaster back left stepping back left & step right beside left, step forward left, step forward right, pivot ½ left (end weight left facing 6:00)

## ROCK FORWARD, REPLACE, RIGHT COASTER ¼ RIGHT CROSS, STEP SIDE, CROSS BEHIND, 1 ¼ TRIPLE LEFT

- 1-2-3&4      Rock forward right, rock back left, step back on right & turning ¼ right step left beside right, cross right over left (9:00)  
5-6-7&8      Step left to left, cross behind left, turning 1 ¼ left triple left, right, left (6:00)

## REPEAT

## RESTART

On wall 2 dance to count 30. Replace count 31-32 with a side shuffle  $\frac{1}{4}$  left (6:00) then start again facing back wall

## TAG

After wall 3 & 5 (both occur facing front wall)

1-2-3&4 Rock forward right, rock back on left, coaster back right stepping right, left, right

5-6-7&8 Step forward left, pivot  $\frac{1}{4}$  right, cross shuffle left over right stepping left, right, left (9:00)

1-2&3-4 Side rock right, replace weight left & stepping right beside left rock left to left, replace weight on right (9:00)

5&6-7-8 Sailor left, cross right behind left, turn  $\frac{1}{4}$  left on left to face front wall (12:00)

---