

One Day In Your Life

COPPER KNOB
STEPSHEETS

拍數: 60 牆數: 2 級數: Advanced
編舞者: Ros Brander-Stephenson (UK)
音樂: One Day In Your Life - Anastacia



RIGHT SCUFF, 2 HEEL TAPS, LEFT SCUFF, 2 HEEL TAPS

1-4 Scuff right foot forward, place right toe down, taps right heel twice
5-8 Repeat steps 1-4 using left foot

KICK AND TOUCH WITH RIGHT FOOT THEN LEFT FOOT

9&10 Kick right foot forward, then touch left foot to left side
11&12 Kick left foot forward, touch right foot to right side

CROSS AND HEEL JACK TO RIGHT, THEN TO LEFT WITH ¼ TURN LEFT

13&14 Cross right over left, step back on left, place right heel forward
15&16 Cross left over right, step back on right making ¼ turn left, place left heel forward

ROCK RECOVER RIGHT COASTER, ROCK RECOVER ¾ TRIPLE TURN LEFT

&17-18 Rock forward on right, recover on left
19&20 Step back on right, step left beside right, step forward on right
21-22 Rock forward on left, recover on right
23&24 Make ¾ turn left stepping left, right, left

2 KICK BALL CHANGE TRAVELING LEFT, ROCK RECOVER ½ TURN RIGHT

25&26 Kick right foot forward, place right foot down, place left foot beside right
27&28 Repeat steps 25 & 26
29-30 Rock forward on right, recover on left
31-32 Make ½ turn right stepping right, left

MOVE LEFT, RIGHT AND LEFT SHUFFLE FORWARD

&33-34 Step right beside left, step left to left, while traveling left, hold
&35-36 Repeat steps 33-34
35&36 Step forward on right, close left behind right, step forward on right
37&38 Step forward on left, close right behind left, step forward on left

ROCK RECOVER MAKE 1 ½ TURN RIGHT, MOVE RIGHT

41-42 Rock forward on right, recover on left
43-44 Make 1 ¼ turn right, stepping right, left, right
&45-46 Step right to right, step left to right, while traveling right hold
&47-48 Repeat steps 45-46

LEFT SAILOR, FULL TURN RIGHT LEFT SHUFFLE MAKING, ¼ TURN LEFT

49&50 Place left behind right, place right to right, place left beside right
51-52 Link right foot behind left, make full turn right
53&54 Step left to left side, step right beside left, step left to left

ROCK RECOVER, MAKE 1 ½ TURN RIGHT

55-56 Rock forward on right, recover on left
57-60 Make 1 ¼ turn right, stepping right, left, right, left

REPEAT

RESTART

On the 4th wall, dance the first 32 counts, 4 second hold, restart the dance again facing back wall. Dance will continue to start at the back wall.
