

Once In My Life

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Helen Born (USA) & Nita Lindley (USA) - August 2011
音樂: For Once In My Life - Scotty McCreery : (from American Idol)



Start dancing on lyrics

TURN ¼ RIGHT SHUFFLE, ¼ TURN WALK WALK, TURN ¼ RIGHT SHUFFLE, ¼ TURN WALK WALK

1&2-3-4 Turn ¼ right shuffle right, left, right, turn ¼ right walk left walk right
5&6-7-8 Turn ¼ right shuffle left, right, left turn ¼ right walk right walk left 12:00

½, SHUFFLE, ½, SHUFFLE

1-2-3&4 Step right forward, turn ½ left, shuffle right, left, right
5-6-7&8 Step left forward, turn ½ right shuffle left, right, left

CROSS RIGHT & LEFT

1-2&3-4 Cross right over left, step left, cross right behind left, step left, cross right over left
5-6&7-8 Cross left over right, step right, cross left behind right, step right, cross left over right

TURN ¼ RIGHT AND ROCK STEPS & COASTER STEPS

1-2-3&4 Rock turn ¼ right on right, recover left, right coaster 3:00
5-6-7&8 Rock left forward, recover right, left coaster step

REPEAT
