

# Own Every Second

**COPPER** KNOB  
STEPSHEETS

拍数: 92      墙数: 1      级数: Phrased Advanced  
编舞者: Jason Takahashi (USA) - June 2025  
音乐: I Lived - OneRepublic



Dance begins after 8 counts (NC2 tempo)

Sequence: A Tag AB AB (32)B (8)A (56)B (32)B

## Section A (Nightclub) : 28 Counts

[1-8] Forward, Step, Pivot  $\frac{1}{2}$  R,  $\frac{1}{4}$  R stepping L side sweeping R back, Behind, Side, Cross Rock, Recover, Side, Cross,  $\frac{1}{4}$  L,  $\frac{1}{2}$  L

- 1 2&3      Step R Forward (1), Step L Forward (2), Pivot  $\frac{1}{2}$  R transferring weight to R (&) [6:00], Turn  $\frac{1}{4}$  R stepping L to L, sweeping R back (2) [9:00]  
4&5      Cross R behind L (4), Step L to L (&), Cross Rock forward on R (5) [9:00]  
6&7      Recover back to L (6), Step R to R (&), Cross L over R (7) [9:00]  
8&      Turn  $\frac{1}{4}$  L stepping back on R [6:00], Turn  $\frac{1}{2}$  L stepping forward on L [12:00]

**\*Restart here on Wall 7 (4th repetition of A) into B**

## [9-16] Forward, Mambo, Back w/ Lift, Run back x2, $\frac{1}{4}$ R w/ Sway, Sway x2, NC Basic

- 1 2&3      Step R Forward (1), Rock Forward on L (2), Recover back to R (&), Step L Back w/ a slight lift, kicking R forward (3) [12:00]  
4&5      Step R Back (4), Step L Back (&), Turn  $\frac{1}{4}$  R stepping R to R, swaying to R (5) [3:00]  
6&      Sway to L (6), Sway to R, closing L to R (&) [3:00]  
7 8&      Step L to L (7), Step R beside L (8), Cross L over R (&) [3:00]

## [17-24] Side Lunge w/ Prep, $\frac{1}{4}$ L, $\frac{1}{2}$ L, $\frac{1}{2}$ L sweeping R forward, Cross, Side, $\frac{1}{8}$ R Back Rock, Recover, $\frac{1}{2}$ L, Back Rock, Recover, $\frac{3}{8}$ R

- 1 2&3      Lunge R to R (1), Turn  $\frac{1}{4}$  L stepping forward on L (2) [12:00], Turn  $\frac{1}{2}$  L stepping back on R (&) [6:00], Turn  $\frac{1}{2}$  L stepping forward on L, sweeping R forward (3) [12:00]  
4&5      Cross R over L (4), Step L to L (&), Rock Back on R opening body to diagonal (5) [1:30]  
6&7      Recover onto L (6), Turn  $\frac{1}{2}$  L stepping back on R (&) [7:30], Rock Back on L (7) [7:30]  
8&      Recover onto R (8), Turn  $\frac{3}{8}$  R stepping L to L (&) [12:00]

## [25-28] Cross behind w/ sweep, Behind, Side, Forward, $\frac{1}{2}$ L, $\frac{1}{2}$ L.

- 1 2&3      Cross R behind L, sweeping L back (1), Cross L behind R (2), Step R to R (&), Step L Forward (3) [12:00]  
4&      Turn  $\frac{1}{2}$  L stepping back on R (4) [6:00], Turn  $\frac{1}{2}$  L stepping forward on L (&) [12:00]

## Tag: 4 Counts (adds 4 additional counts to A)

### [29-32] Step, Step, Pivot $\frac{1}{2}$ R, Step, Step, Pivot $\frac{1}{2}$ L

- 5 6&7      Step R Forward (5), Step L Forward (6), Pivot  $\frac{1}{2}$  R transferring weight to R (&) [6:00], Step L Forward (7) [6:00]  
8&      Step R Forward (8), Pivot  $\frac{1}{2}$  L transferring weight to L (&) [12:00]

## Section B (Polka) : 64 Counts

### [1-8] Shuffle x2, Rock, Recover, $\frac{1}{4}$ R Kick Ball Cross

- 1&2      Step R Forward (1), Step L beside R (&), Step R Forward (2) [12:00]  
3&4      Step L Forward (3), Step R beside L (&), Step L Forward (4) [12:00]  
5 6      Rock forward on R (5), Recover back on L (6) [12:00]  
7&8      Turn  $\frac{1}{4}$  R Kicking R Forward (7) [3:00], Close R beside L (&), Cross L over R (8) [3:00]

### [9-16] $\frac{1}{4}$ L, $\frac{1}{2}$ L, Pivot $\frac{1}{4}$ L, Cross, Side, Behind, Ball Cross

- 1 2      Turn  $\frac{1}{4}$  L stepping back on R (1) [12:00], Turn  $\frac{1}{2}$  L stepping forward on L (2) [6:00]

3 4 Step R Forward (3), Pivot  $\frac{1}{4}$  L transferring weight to L (4) [3:00]  
5&6 Cross R over L (5), Step L to L (&), Cross R behind L (6) [3:00]  
7&8 Hold (7), Close L beside R (&), Cross R over L (8) [3:00]

**[17-24] Side Rock, Recover, Behind, Side, Cross, Side Shuffle,  $\frac{1}{4}$  L Side Shuffle**

1 2 Rock L to L (1), Recover onto R (2) [3:00]  
3&4 Cross L behind R (3), Step R to R (&), Cross L over R (4) [3:00]  
5&6 Step R to R (5), Step L beside R (&), Step R to R (6) [3:00]  
7&8 Turn  $\frac{1}{4}$  L stepping L to L (7) [12:00], Step R beside L (&), Step L to L (8) [12:00]

**[25-32] Cross, Side, Sailor Step, Jazz Box, Touch**

1 2 Cross R over L (1), Step L to L (2) [12:00]  
3&4 Step R behind L (3), Step L to L (&), Step R to R (4) [12:00]  
5 6 7 8 Cross L over R (5), Step R Back (6), Step L to L (7), Touch R beside L (8) [12:00]

**\*Restart here into A on Wall 6 (3rd repetition of B)**

**[33-40] Posé Turn x2, Walk x2, Step w/ Lift**

1 2 Turn  $\frac{1}{4}$  R stepping forward on R hitching L knee (L knee stay open to L side), full turn R (1) [3:00], Stepping down on L (2) [3:00]  
3 4 Step R forward hitching L knee (L knee stay open to L side), full turn R (3), Stepping down on L (4) [3:00]

**\*Option to close feet together during turns**

5 6 7 8 Step R Forward (5), Step L Forward (6), Step R Forward (7), Lift up on R hitching L Knee to L side (8) [3:00]

**[41-48] Back x2, Back Sweep x2, Rock Back, Recover, Big Step Forward, Hold**

1 2 Step L Back (1), Step R Back (2) [3:00]  
3 4 Step L Back sweeping R back (3), Step R Back sweeping L back (4) [3:00]  
5 6 7 8 Rock Back on L (5), Recover onto R (6), Big Step Forward on L (7), Hold (8) [3:00]

**[49-56] Pivot  $\frac{1}{2}$  L,  $\frac{1}{2}$  L,  $\frac{1}{4}$  L with Hitch, Slide, Back Rock, Recover**

1 2 Step R Forward (1), Pivot  $\frac{1}{2}$  L transferring weight to L (2) [9:00]  
3 4 Turn  $\frac{1}{2}$  L stepping back on R (3) [3:00], Continue turning  $\frac{1}{4}$  L hitching L Knee (4) [12:00]  
5-6 7 8 Big Step L to L (5-6), Rock Back on R (7), Recover to L (8) [12:00]

**\*Restart here on Wall 8 (4th repetition of B) into B**

**[57-64] Side Rock, Recover, Behind, Side, Cross x2**

1 2 Rock R to R (1), Recover onto L (2) [12:00]  
3&4 Cross R behind L (3), Step L to L (&), Cross R over L (4) [12:00]  
5 6 Rock L to L (5), Recover onto R (6) [12:00]  
7&8 Cross L behind R (7), Step R to R (&), Cross L over R (8) [12:00]

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