

# One Life

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 2  
編舞者: Aurora Otto (USA) - April 2025  
音樂: One Life - Dermot Kennedy

級數: High Intermediate



**\*\*2 restarts on walls 2 and 5 after 16 cts**

**Dance starts at 0:23 seconds into song**

**Dance ends at 3:41 stand still and bow head and think of someone you love Til the song ends at 3:55( optional to lift arm and point index finger signifying a one)**

**Sec 1: Nightclub basic to the right, ¼ step, ½ turn lock step traveling backward, 1/2 turn sweep, cross, back**

- 1,2 &-      Step RF to R, bring LF behind RF, Cross RF over LF
- 3-      ¼ turn L step LF forward
- 4 & 5-      ½ turn lock stepping backward stepping RF back, Crossing LF over RF , stepping back RF
- 6,7,8-      ½ turn step – turn over left shoulder stepping LF forward and sweeping RF forward, cross RF over LF, step LF back

**Sec 2: ¼ turn, sway sway, rock and cross, sway sway, rock and cross**

- 1,2-      ¼ turn R step out on RF sway to R, step out on LF sway to left
- 3&4-      step out RF to R sway R, step LF in and Cross RF over LF
- 5,6-      step out LF sway L, step RF to R sway R
- 7&8-      step out LF sway L, step RF in and cross LF over RF

**\*\*\*\*Restart here on walls 2 & 5\*\*\*\***

**Sec 3 -Step, cross behind 3/8 unwind, shuffle, chase turn, spiral, step**

- &1,2-      step RF to R, cross LF behind RF, unwind 3/8 turn over L shoulder(facing 3 o clock wall) keeping weight forward on the LF
- 3&4-      shuffle forward RF, LF RF
- 5&6-      chase turn -step forward LF pivot ½ turn over right shoulder, step RF in place, step LF forward
- 7,8-      step RF forward and Spiral full turn over the left shoulder, step LF forward(facing 9 o clock wall)

**Sec 4 : Ball step forward rock, recover, back lock step, ¼ right step and point, sweep, syncopated jazz box with a cross**

- &1,2-      ball RF step forward LF rock forward LF, recover RF
- 3&4-      step LF back, cross RF over LF traveling backwards, step LF back
- &5,6-      ¼ turn over right shoulder stepping RF out to R, point LF out to L, step on LF and ½ turn over L shoulder sweeping RF around to front
- 7&8&-      syncopated cross RF over LF, step back LF, Step RF out to R, cross LF over RF