

# Lifetime Love

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Sadiah Heggernes (NOR/UK) - July 2012  
音樂: Once In a Lifetime Love - Alan Jackson : (Album: Drive)



16 Count intro – start on vocals - 1 restart during Wall 4

## Section 1: Basic L, R Chasse, Cross Rock, Recover, Sweep, Sailor ¼ Turn L

1-2&      Step L long step to L side. Rock back on R (slightly behind L). Recover onto L  
3&4      Step R to R side. Step L beside R. Step R to R side  
5-6      Cross rock L over R. Recover onto R.  
7&8      Sweep L out & around. ¼ turn L. Cross L behind R. Step R beside L. Step forward on L 9.00

## Section 2: Rock Forward, Recover, Ball Step, Lockstep Forward, Step, ½ Pivot L, Step, Full Turn R, Step

1-2&      Rock forward on R. Recover onto L. Step R beside L  
3&4      Step forward on L. Lock R behind L. Step forward on L  
5&6      Step forward on R. ½ pivot L. Step forward on R  
7&8      ½ turn R. Step back on L. ½ turn R. Step forward on R. Step forward on L 3.00

## Section 3: Basic R, L Chasse, Cross Rock, Recover, Sweep, Sailor Cross ¾ Turn R

1-2&      Step R long step to R side. Rock back on L (slightly behind R). Recover onto R  
3&4      Step L to L side. Step R beside L. Step L to L side  
5-6      Cross rock R over L. Recover onto L  
7&8      Sweep R out & behind L. Cross R behind L. ¾ turn R. Step L beside R. Cross R over L 12.00

## Section 4: Ball Cross, Unwind ½ Turn L, Side Rock Recover, Cross, Ball Cross Rock, Recover, Sweep, Sailor ¼ Turn R

&1-2      Small step L to L side. Cross R over L. Unwind ½ turn L (weight on L) 6.00  
3&4      Rock R to R side. Recover onto L. Cross R over L \*R\*

### Restart here during wall 4 facing 9.00

&5-6      Step L to L side. Cross rock R over L. Recover onto L  
7&8      Sweep R out & around. 1/4 turn R. Cross R behind L. Step L beside R. Step forward on R 9.00

**Choreographer's Note:** The dance will go slightly out of phrasing towards the end of the track. Just keep on dancing!