

One Lifetime

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Andrico Yusran d'ULD Pusat - Jakarta, Indonesia (March 2019)

Music: Sting, Shaggy - Just One Lifetime

Restart on Wall 8 after 16 counts

Start dance after 32 counts ♥

S1# Forward Touch - Back Touch - Forward Lock - Forward Touch - Back Touch - Forward Shuffle

- 1-2 Step R forward touch , R back touch
- 3&4 Step R forward , L cross behind R , R forward
- 5-6 Step L forward touch , L back touch
- 7&8 Step L forward , R close beside L, L forward

S2# Side Close - Side Close Touch - Travelling turn to Left

- 1-2 Step R to side, L close beside R
- 3-4 Step R to side, L close touch beside R
- 5-6 Step L to side, R ½ turn to L
- 7-8 Step L ½ turn to L, R touch beside L

S3# Side - Cross Behind - Side - Cross Behind - Syncopated

- 1-2 Step R to side , L cross behind R
- 3-4 Step L to side , R cross behind L
- 5&6& Step R forward , L in place , R back , L in place
- 7&8 Step R forward, L in place , R close beside L

S4# Side Touch - Side Touch - Syncopated ¼ to R

- 1-2 Step L to side , R touch beside L
- 3-4 Step R to side , L touch beside R
- 5&6& Step L forward, R in place, L back , R in place
- 7&8 Step L forward ¼ turn to R , R in place , L close beside R

Enjoy The Dance ?

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