

ONE LIFETIME

LINEDANCE.COM

Count: 64

Wall: 4

Level: intermediate

Choreographer: Yvonne Hammond

Music: One Lifetime by Noel Haggard

- 1-2** Tap right foot in front of left, kick right forward
- 3&4** Shuffle back right-left-right
- 5-6** Tap left foot in front of right, kick left forward
- 7&8** Shuffle back left-right-left
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- 9-11&12** Walk forward right-left, shuffle forward right-left-right
- 13-15&16** Step forward on left, pivot $\frac{1}{2}$ turn right onto right, shuffle forward left-right-left
- 17-19&20** Walk forward right-left, shuffle forward right-left-right
- 21-23&24** Step forward on left, pivot $\frac{1}{2}$ turn right onto right, shuffle forward left-right-left
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- 25-26** Step out to right on right, step left in place
- 27&28** Shuffle across left with right stepping right-left-right
- 29-30** Step left to left, turn $\frac{1}{2}$ turn right onto right
- 31&32** Shuffle across right with left stepping left-right-left
- 33-34** Step out to right on right, step left in place
- 35&36** Shuffle across left with right stepping right-left-right
- 37-38** Step left to left, turn $\frac{1}{2}$ turn right onto right
- 39&40** Shuffle across right with left stepping left-right-left
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- 41-42** Point right out to right side, slide right beside left
- 43&44** Shuffle forward right-left-right
- 45-46** Point left out to left side, slide left beside right
- 47&48** Shuffle forward left-right-left

- 49-50** Step forward on right, step back on left
- 51&52** Turning $\frac{1}{2}$ turn right shuffle forward right-left-right
- 53-54** Step forward on left, step back on right
- 55&56** Turning $\frac{3}{4}$ turn left triple step left-right-left

57-59&60 Step forward on right, pivot turn $\frac{1}{2}$ turn left, shuffle forward right-left-right

61-63&64 Step forward left, pivot $\frac{1}{2}$ turn right, shuffle forward left-right-left

REPEAT