

# Once In A Lifetime C&G

**Compte:** 32

**Mur:** 4

**Niveau:** Basic Beginner

**Chorégraphe:** Annemaree Sleeth (AUS) - January 2015

**Musique:** Once in a Lifetime - Heartbeat : (Album: Once In A Lifetime - 3:14)



Music available: [www.heartbeatduo.com.au](http://www.heartbeatduo.com.au)

## Alternate Music Suggestions :

Wrapped Up by Olly Murs - Split floor to Simon Wards' Intermediate dance "Wrapped Up"  
My Cherie Amour – Boney M. Album :The Essential Boney M [iTunes – 4.04]

(Start on vocals) 16 Counts or 32 counts for Wrapped Up - No Tags Or Restarts

## SECTION 1 [1 -8] CROSS, TAP, BACK, TOGETHER, CROSS, SIDE, BEHIND, TOUCH

- 1 – 2 Cross diagonal R over L, tap L behind R (add finger clicks head height)
- 3 – 4 Step L back , step R side
- 5 – 6 Cross R over L, step R side,
- 7 – 8 Cross L behind, touch diag R side angle body to L diagonal ( add finger clicks)

## SECTION 2[9 – 16] TRIPLES FORWARD X 3, FORWARD BRUSH

### Easier option CROSS POINT X 3 FORWARD BRUSH

- 1 & 2 Step R forward, step L together, step R forward ( TINY STEPS FORWARD )
- 3 & 4 Step L forward, step R together, step L forward
- 5 & 6 Step R forward, step L together, step R forward (add arms )
- 7 – 8 Step L forward, brush R forward

Option 7 -8 change to extra triple forward- Step R forward, step L together, step R forward

## SECTION 3[17 -24] FORWARD, TAP, BACK, TOGETHER, FORWARD, TAP, BACK, TOGETHER

- 1 – 2 Step R Forward, Tap L behind R (bending both knees)
- 3 – 4 Step back L, step R together (weight R)
- 5 – 6 Step L forward, tap R behind L (bending both knees)
- 7 – 8 Step R back, L together

## SECTION 4 [25 – 32] JAZZ BOX FORWARD, TINY PADDLE, TINY PADDLE TURNS

- 1 – 2 Cross R over L, step L back,
- 3 – 4 Step R side, step L forward
- 5 – 6 Step R 1/8 pivot L, (wgt L) [7.30]
- 7 – 8 Step R, 1/8 pivot L (weight L [9.00])

Finish to the front by add extra 2 step ¼ pivots