

# Once

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Double D (UK)

Musique: For Once In My Life - Vonda Shepard



## **TWINKLE, TWINKLE, ROCK AND STEP, ROCK AND STEP**

- 1&2 Cross left over right, step right to right side, step left next to right  
3&4 Cross right over left, step left to left side, step right next to left  
5&6 Rock forward on left, replace weight onto right, step left next to right  
7&8 Rock forward on right, replace weight onto left, step right next to left

## **FULL TURN FORWARD, ROCK AND STEP, CROSS BACK BACK, CROSS ¼ TURN STEP**

- 1&2 Make a full turn over left shoulder stepping left, right, left  
3&4 Rock forward on right, replace weight onto left, step right next to left  
5&6 Cross left over right, step back on right, step back on left  
7&8 Cross right over left, step back on left making a ¼ turn to the right, step right to right side

## **CROSS SIDE BEHIND, ROCK ROCK, BEHIND AND CROSS, TOUCH CROSS**

- 1&2 Cross left over right, step right to right side, cross left behind right  
3-4 Rock to right side on right, rock to left side on left  
5&6 Cross right behind left, step left to left side, cross right over left  
7-8 Touch left toe to left side, cross left over right

## **ROCK AND CROSS, ROCK ¼ TURN STEP, 1¼ TURN TRAVELING FORWARD, SIDE STEP TOUCH**

- 1&2 Rock right to right side, step left in place, cross right over left  
3&4 Rock left to left side, make ¼ turn to right stepping forward on right, step left next to right  
5&6 Step forward right making ½ turn over left shoulder, step back on left making ½ turn over left shoulder, step forward on right making ¼ turn over left shoulder  
7&8 Step left to left side, step right next to left, touch left toe to left side

## **REPEAT**

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