

# Once In A Lifetime

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Geri Morrison (UK)

Musique: One in a Million - Bosson



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## ROCK & BACK, CROSS SHUFFLE, ROCK & CROSS, CHASSE

- 1&2 Rock right to right side, recover weight on left cross right behind left
- 3&4 Cross left over right, step right to right side, cross left over right
- 5&6 Rock right to right side, recover weight on left, cross right over left
- 7&8 Step left to left side, step right beside left, step left to left side

## ROCK BACK TURN LEFT, ROCK BACK TURN RIGHT, CROSS UNWIND, SAILOR STEP

- 1&2 Rock back on right, recover weight on left, turn  $\frac{1}{2}$  left, step back on right
- 3&4 Rock weight back on left, recover weight on right, turn  $\frac{1}{2}$  right
- 5-6 Cross right behind left, unwind  $\frac{1}{2}$  turn right (weight on left)
- 7&8 Cross right behind left, step left to left, step right in place

## CHASSE, FULL TURN RIGHT, $\frac{1}{4}$ TURN RIGHT SHUFFLE

- 1&2 Step left to left, bring right beside left, step left to left
- 3-4 Step right  $\frac{1}{2}$  turn right, step left  $\frac{1}{2}$  turn (traveling right)
- 5&6 Step right  $\frac{1}{4}$  turn right, step left to right, step right forward
- 7-8 Step back on left, drag right to left, (hitching right knee)

## HEEL SWITCHES, PIVOT $\frac{1}{2}$ RIGHT, COASTER STEP, $\frac{1}{4}$ TURN CHASSE

- &1&2 Step right in place, touch left heel forward, step left in place, touch right heel forward
- &3-4 Step right in place, step left forward, pivot  $\frac{1}{2}$  turn right
- 5&6 Step back on right, step left beside right, step right forward
- 7&8 Turn  $\frac{1}{4}$  right on left, bring right beside left, step left to left side

**REPEAT**

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