

Once In A Lifetime

Compte: 64

Mur: 2

Niveau: Intermediate



Chorégraphe: Michael Vera-Lobos (AUS)

Musique: Once in a Lifetime - Keith Urban

DIAGONAL, TOUCH BESIDE, BALL STEP DIAGONAL, ¼ STEP RIGHT, SAILOR ¼ RIGHT, ¼ RIGHT, KICK RIGHT

- 1-2&3-4 Diagonal step right, touch left beside right, stepping left beside right diagonal step forward right to right corner, turning ¼ right to 3:00 wall step left to left, kick right to right side (3:00)
- 5&6-7-8 Turning ¼ right sailor right stepping right, left, right (6:00), turning a further ¼ right step left to left, kick right to right side (9:00)

& ¼ LEFT, ½ LEFT, ¼ SIDE SHUFFLE LEFT, CROSS ROCK, REPLACE, BALL CROSS, POINT SIDE

- &1-2-3&4& Cross right behind left, turn ¼ left on left, turn a further ½ left, turning a further ¼ left side shuffle to left stepping left, right, left (9:00)
- 5-6&7-8 Cross rock right over left, rock back on left & stepping right to right cross left over right, point right toe to right side (9:00)

CROSS TOUCH FORWARD, TOUCH SIDE, BALL CROSS, STEP SIDE, SAILOR LEFT, TOUCH RIGHT BEHIND, ½ UNWIND RIGHT

- 1-2&3-4 Touch right toe forward across left, touch right toe to right side & stepping right to right cross left over right, step right to right (9:00)
- 5&6-7-8 Sailor left stepping left, right, left, touch right toe behind left, unwind ½ right ending weight right (3:00)

CRADLE ROCK FORWARD LEFT, ROCK BACK, ROCK BACK, ROCK FORWARD, FULL TURN FORWARD RIGHT, SIDE SHUFFLE

- 1-2-3-4 Rock forward left, rock back right, rock back left, rock forward right (3:00)
- 5-6-7&8 Travel forward - turn a full turn forward right stepping onto left then right (3:00), side shuffle left stepping left, right, left (3:00)

ROCK BEHIND, REPLACE, STEP SIDE, CROSS BEHIND, ¼ RIGHT, ½ RIGHT, ¼ SIDE SHUFFLE RIGHT

- 1-2-3-4 Rock right behind left, rock forward on left, step right to right, cross left behind right (3:00)
- 5-6-7&8 Travel right - turn ¼ right on right, turn a further ½ right stepping left, turning ¼ right side shuffle right, left, right (3:00)

ROCK BEHIND, REPLACE, STEP SIDE, CROSS BEHIND, ¼ LEFT, ½ LEFT, ¼ SIDE SHUFFLE LEFT

- 1-2-3-4 Rock left behind right, rock forward on right, step left to left, cross right behind left (3:00)
- 5-6-7&8 Travel left - turn ¼ left on left, turn a further ½ left stepping right, turning ¼ left side shuffle left, right, left (3:00)

CROSS ROCK, REPLACE, BALL CROSS, ¼ LEFT, COASTER BACK, STEP FORWARD, ½ PIVOT LEFT

- 1-2&3-4 Cross rock right over left, rock back on left & stepping right to right cross left over right, turning ¼ right step back on right (12:00)
- 5&6-7-8 Coaster back left stepping back left & step right beside left, step forward left, step forward right, pivot ½ left (end weight left facing 6:00)

ROCK FORWARD, REPLACE, RIGHT COASTER ¼ RIGHT CROSS, STEP SIDE, CROSS BEHIND, 1 ¼ TRIPLE LEFT

- 1-2-3&4 Rock forward right, rock back left, step back on right & turning ¼ right step left beside right, cross right over left (9:00)
- 5-6-7&8 Step left to left, cross behind left, turning 1 ¼ left triple left, right, left (6:00)

REPEAT

RESTART

On wall 2 dance to count 30. Replace count 31-32 with a side shuffle $\frac{1}{4}$ left (6:00) then start again facing back wall

TAG

After wall 3 & 5 (both occur facing front wall)

- 1-2-3&4 Rock forward right, rock back on left, coaster back right stepping right, left, right
 - 5-6-7&8 Step forward left, pivot $\frac{1}{4}$ right, cross shuffle left over right stepping left, right, left (9:00)
 - 1-2&3-4 Side rock right, replace weight left & stepping right beside left rock left to left, replace weight on right (9:00)
 - 5&6-7-8 Sailor left, cross right behind left, turn $\frac{1}{4}$ left on left to face front wall (12:00)
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