

Once In A Lifetime

Compte: 0

Mur: 0

Niveau: Phrased Intermediate

Chorégraphe: Rebecca Armstrong (SCO) - September 2008

Musique: One In A Million - Clubland 13



Intro 16 counts

Danced in the following sequence: A, B, B, C, A, B to finish

Section A

(1-8) WALK, WALK, ROCK RECOVER STEP, BACK LOCK STEP, FULL TURN

- 1-2 step R fwd, step L fwd
- 3&4 rock fwd on R, recover back on to L, step back on R
- 5&6 step back on L, lock R in front of L, step back on L
- 7-8 step fwd on R making $\frac{1}{2}$ turn over R shoulder, step back on L making $\frac{1}{2}$ turn over R shoulder

(9-16) STEP FWD, STEP $\frac{1}{4}$ R, CROSS ROCK, RECOVER STEP, L SAILOR, R SAILOR $\frac{1}{4}$

- 1-2 step fwd on R, step fwd on L making $\frac{1}{4}$ turn R
- 3&4 rock R across L, recover on to L, step R to R side
- 5&6 step L behind R, step R beside L, step L to L side
- 7&8 step R behind L, step L beside R making $\frac{1}{4}$ turn R, step R to R side

(17-24) FWD SHUFFLE, SIDE SHUFFLE, $\frac{1}{4}$ L SIDE SHUFFLE, FWD SHUFFLE

- 1&2 step fwd on L, step R beside L, step Fwd on L
- 3&4 step R to R side, step L beside R, step R to R side
- 5&6 step L to L side making $\frac{1}{4}$ turn over L shoulder, step R beside L, step L to L side
- 7&8 step fwd on R, step L beside R, step fwd on R

(25-32) ROCK FWD RECOVER, $\frac{1}{2}$ SHUFFLE, STEP $\frac{1}{2}$ PIVOT, ROCK RECOVER TOUCH

- 1-2 rock fwd on L, recover back on to R
- 3&4 step L to L side making $\frac{1}{4}$ turn L, step R beside L, step L to L side making $\frac{1}{4}$ turn L
- 5-6 step fwd on R, pivot $\frac{1}{2}$ turn over L shoulder
- 7&8 rock R to R side, recover on to L, touch R beside L

Section B

(1-8) WALK WALK, ROCK RECOVER STEP $\frac{1}{4}$ L, HITCH BALL CROSS, HITCH BALL CROSS

- 1-2 step R fwd, step L fwd
- 3&4 rock fwd on R, recover back on L, step R across L making $\frac{1}{4}$ turn L
- 5&6 hitch L knee, step on L, step R across L
- 7&8 hitch L knee, step on L, step R across L

(9-16) POINT L, HOLD, POINT R HOLD, $\frac{1}{4}$ TURN POINT L, HOLD, POINT R HOLD

- 1-2& point L to L side, hold, step L beside R
- 3-4& point R to R side, hold, step R beside L making $\frac{1}{4}$ turn R
- 5-6& point L to L side, hold, step L beside R
- 7-8& point R to R side, hold, step R beside L

(17-24) ROCK FWD, RECOVER $\frac{1}{4}$ L, CROSS SHUFFLE, ROCK L, RECOVER $\frac{1}{4}$ R, CROSS SHUFFLE

- 1-2 rock fwd on R, recover on to L making $\frac{1}{4}$ turn over L shoulder
- 3&4 step R across L, step L behind R, step R across L
- 5-6 rock L to L side, recover on to R making $\frac{1}{4}$ turn over R shoulder
- 7&8 step L across R, step R behind L, step L across R

(25-32) KICK BALL CROSS, KICK BALL CROSS, SIDE SHUFFLE, COASTER STEP

- 1&2 kick R to R diagonal, step on R, step L across R
- 3&4 kick R to R diagonal, step on R, step L across R
- 5&6 step R to R side, step L beside R, step R to R side
- 7&8 step back on L, step R beside L, step fwd on L

Section C

(1-4) R MAMBO FWD, L MAMBO BACK

- 1&2 step fwd on R, step back on L, step R beside L
 - 3&4 step back on L, step fwd on R, step L beside R
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