Once In A Lifetime



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Nancy Morgan (USA)

音乐: One In A Million (Dance Mix) - Bosson



RIGHT SIDE MAMBO, LEFT SIDE MAMBO, ½ TURN PIVOT, SKATE, SKATE

1&2	Step right to right side as you lift left slightly off floor, set left foot down, step right next to left
3&4	Step left to left side as you lift right slightly off floor, set right foot down, step left next to right

5-6 Step forward on right, pivot ½ turn to left (weight is on left)

7-8 (Small skates) - slide right foot forward in the shape of a "c" skating to right, repeat with left

but a backwards "c" going to left

RIGHT SIDE MAMBO, LEFT SIDE MAMBO, RIGHT FORWARD MAMBO WITH ½ TURN, LEFT MAMBO

1&2	Rock/step right foot to right side, rock back on left, step right next to left
3&4	Rock/step left foot to left side, rock back on right, step left next to right

5&6 Step forward on right, back on left as you turn ½ turn to your right, step forward on right as

you turn ¼ turn to your right

7&8 Step forward on left, back on right, step left next to right

TWO SMALL SHUFFLES FORWARD, HEEL AND HEEL AND STEP, 1/4 TURN

1&2	Shuffle forward (small steps) - right, left, right
3&4	Shuffle forward (small steps) - left, right, left

5&6 Put right heel forward, put right next to left, put left heel forward

&7-8 Put left next to right, step forward on right, pivot ½ turn to left (weight is on left)

2 SAILOR SHUFFLES, RIGHT FORWARD MAMBO ½ TURN, LEFT FORWARD MAMBO

1&2	Sailor shuffle - put right behind left, step left to left side, step right foot to right and slightly forward
3&4	Sailor shuffle - put left behind right, step right to right side, step left foot to left and slightly forward
5&6	Step forward on right, back on left as you turn ¼ turn to your right, step forward on right as

7&8 Left forward mambo - rock/step forward on left, back on right, step left next to right

REPEAT

TAG

Only when dancing to "One In A Million (Dance Mix)" by Bosson, the music slows up when you are starting the dance. Finish the dance, then do the following for the Break:

STOMP RIGHT - HOLD 3, STOMP LEFT - HOLD 3, STOMP RIGHT - HOLD 3, STEP LEFT - HOLD, $\frac{1}{2}$ TURN WALK, WALK

1-4 Stomp right foot to right side then hold for 3 counts
5-8 Stomp left foot next to right then hold for 3 counts
1-4 Stomp right foot right side then hold for 3 counts

5-6-7&8 Step left foot forward, hold, pivot ½ turn to right, left, right

STOMP LEFT, HOLD 3, STOMP RIGHT, HOLD 3, STOMP LEFT TWICE, STOMP RIGHT TWICE, FORWARD ROCK, COASTER STEP

1-4	Stomp left foot to left side then hold for 3 counts
5-8	Stomp right foot next to left then hold for 3 counts
1-4	Stomp left twice, stomp right twice

5-6 Forward rock on left and back on right

2 1/2 TURN PIVOTS

Step forward on right, pivot ½ turn to left 1-2 Step forward on right, pivot ½ turn to left 3-4