

Once In A Lifetime

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Nancy Morgan (USA)
音樂: 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 ¼ 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, ¼ 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 ¼ 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 you turn ¼ turn to your right
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, ½ 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

7&8

Coaster step - step back on left, back on right, and forward on left

2 ½ TURN PIVOTS

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

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