

# Once In A Lifetime

拍數: 0                      牆數: 0                      級數: Phrased Intermediate  
編舞者: Rebecca Armstrong (SCO) - September 2008  
音樂: 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 ½ turn over R shoulder, step back on L making ½ turn over R shoulder

### (9-16) STEP FWD, STEP ¼ R, CROSS ROCK, RECOVER STEP, L SAILOR, R SAILOR ¼

1-2                     step fwd on R, step fwd on L making ¼ 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 ¼ turn R, step R to R side

### (17-24) FWD SHUFFLE, SIDE SHUFFLE, ¼ 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 ¼ 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, ½ SHUFFLE, STEP ½ PIVOT, ROCK RECOVER TOUCH

1-2                     rock fwd on L, recover back on to R  
3&4                     step L to L side making ¼ turn L, step R beside L, step L to L side making ¼ turn L  
5-6                     step fwd on R, pivot ½ 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 ¼ 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 ¼ 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, ¼ 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 ¼ 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 ¼ L, CROSS SHUFFLE, ROCK L, RECOVER ¼ R, CROSS SHUFFLE

1-2                     rock fwd on R, recover on to L making ¼ 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 ¼ 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
-