

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
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