

Once In Awhile

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Jan Hanway (USA) - February 2010
音樂: If I Knew Then - Lady A : (CD: Need You Now)



Begin after 24 counts

Cross, Rock, Recover; Rock, Recover, Cross

- 1 Cross left over right
- 2-3 Rock right, recover left
- 4-5 Rock right, recover left
- 6 Cross right over left

Basic Forward Waltz On Left Diagonal; Basic Back Waltz

- 1 Step left forward on left diagonal (10:30)
- 2 Step right next to left
- 3 Step left next to right
- 4-6 Back right, left together, right together squaring up (12:00)

Basic Forward Waltz; Basic Back Waltz

- 1-3 Left forward, right together, left together
- 4-6 Right back, left together, right together

1/2 Left Turning Waltz Step; 1/4 Left Turning Waltz Step

- 1 Step left forward
- 2-3 1/2 left turn (right, left)
- 4 Step right back
- 5-6 1/4 left turn (left, right)

Big Step, Drag, Step Right; Run, Run, Run On Right Diagonal

- 1-2 Big step left, drag right next to left
- 3 Step on right
- 4-6 Facing 4:30, run left, run right, run left

Big 1/8 Step To Right (Square Up); Run, Run, Run

- 1-2 Big step right squaring up (6:00), drag left next to right
- 3 Step on left
- 4-6 Run right, run left, run right

Step, Lift, Cross; Basic Back Waltz

- 1 Step left forward
- 2 Swing right (low kick, not a sweep) across left as lift on left toe
- 3 Cross right over left as come down on left foot
- 4-6 Left back, right together, left together

Step Lift, Cross; Basic Back Waltz

- 1 Step right forward
- 2 Swing left (low kick) across right as lift on right toe
- 3 Cross left over right as come down on right foot
- 4-6 Right back, left together, right together

Begin Again

***TAG/RESTART:** on wall 2. After count 39 (step, swing, cross), step left to side, right to side, touch left next to right (4,5,6).

****Near the end of the dance (wall 10) music slows to a stop. Dance through the pause.**

*****ENDING:** You will be on 12:00 wall. Instead of 3/4 waltzing left turn, make a full left waltzing turn ending back at 12:00. Step left forward and hold.

Hanway@sacredsfs.org
