

ONCE IN A LIFETIME C&G

32 count, 4 wall AB - Basic Beginner
NO TAGS OT RESTARTS

Choreographer: Annemaree Sleeth - Jan 2015 (Australia)

Music: Once In A Lifetime By Heartbeat: Album Once In A Lifetime: Length 3.14
Alternate Music Suggestions Alternate Music : Wrapped Up by Olly Murs- split floor to
Simon Wards' - Intermediate dance "Wrapped Up"
My Cherie Amour – Boney M. Album :The Essential Boney M [iTunes – 4.04]

(Start on vocals) 16 Counts or 32 counts for Wrapped Up

SECTION 1 [1 -8] CROSS, TAP, BACK, TOGETHER CROSS, SIDE, BEHIND, TOUCH

- 1 – 2 Cross diagonal R over L, tap L behind R (add finger clicks head height)
- 3 – 4 Step L back , step R side
- 5 – 6 Cross R over L, step R side,
- 7 – 8 Cross L behind, touch diag R side angle body to L diagonal (add finger clicks)

SECTION 2[9 – 16] TRIPLES FORWARD X 3, FORWARD BRUSH Easier option CROSS POINT X 3 FORWARD BRUSH

- 1 & 2Step R forward, step L together, step R forward (TINY STEPS FORWARD)
- 3 & 4Step L forward, step R together, step L forward
- 5 & 6Step R forward, step L together, step R forward (add arms)
- 7 – 8Step L forward, brush R forward
- Option 7 -8 change to extra triple forward- Step R forward, step L together, step R forward

SECTION 3[17 -24] FORWARD,TAP, BACK, TOGETHER FORWARD, TAP, BACK, TOGETHER

- 1 – 2Step R Forward, Tap L behind R (bending both knees)
- 3 – 4Step back L, step R together (weight R)
- 5 – 6Step L forward, tap R behind L (bending both knees)
- 7 – 8Step R back, L together

SECTION 4 [25 – 32] JAZZ BOX FORWARD TINY PADDLE, TINY PADDLE TURNS

- 1 – 2Cross R over L, step L back,
- 3 – 4Step R side, step L forward
- 5 – 6Step R 1/8 pivot L, (wgt L) [7.30]
- 7 – 8Step R, 1/8 pivot L (weight L [9.00])

Finish to the front by add extra 2 step ¼ pivots