|  |  |
| --- | --- |
| For Once In My Life |  |

.

|  |
| --- |
| . |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Easy Intermediate | . |
| **Choreographer:** | Michael Barr (USA) - March 2017 |
| **Music:** | For Once In My Life - Stevie Wonder : (iTunes or Amazon) |
| . |

**Lead: 24 cts.**

**[1-8] Walk R, L, Forward - Step Side - Heel Touch – Ball-Cross, Side, 1/4 Turning Sailor**

|  |  |
| --- | --- |
| 1 – 2 | Step R forward; Step L forward; |

|  |  |
| --- | --- |
| 3 & 4 | Step R forward in front of L; (&) Step L side left; Touch R heel to right diagonal |

|  |  |
| --- | --- |
| &5 – 6 | (&) Step R next to L heel; (5) Step L in front of R; (6) Step R side right |

|  |  |
| --- | --- |
| 7 & 8 | Step L behind R; Turn ¼ left stepping R next to L; Step L forward ( 9:00) |

**[9-16] Repeat: Walk R, L, Forward - Side Step - Heel Touch – Ball-Cross, Side, 1/4 Turning Sailor**

|  |  |
| --- | --- |
| 1 – 8 | This section is identical to the first set of 8 except you are start it on the 9 o’clock wall and finish on the 6:00 |

**[17-24] Touch, Step Forward, Touch 1/2 Turn R – Touch 1/2 Turn R, Forward-1/4-Cross**

|  |  |
| --- | --- |
| 1 – 4 | Touch/tap R next to L; Step R forward; Turn ½ right on R touch/tap L back; Step L in place (12:00) |

|  |  |
| --- | --- |
| 5 – 6 | Turn ½ right on L touch/tap R forward; Step R in place (6:00) |

|  |  |
| --- | --- |
| 7 & 8 | Step L forward; Turn ¼ right onto R; Step L in front of R (9:00) |

**[25-32] Side Toe Strut, Cross Toe Strut – Side Toe Strut, 1/2 Kick-Ball-Change**

|  |  |
| --- | --- |
| 1 – 6 | (1) R toe side right; (2) Drop heel; (3) L toe in front of R; (4) Drop heel; (5) R toe side right; (6) Drop heel |

|  |  |
| --- | --- |
| 7&8 | Turn ½ right on ball of right and kick L forward; Rock/Step ball of L back; Step R forward (3:00) |

**Note: These can have a bit of movement from the hips if you like. Also start your ½ turn as you finish count 6.**

**[33-40] Rock, Return, 1/2 Turning Shuffle – Rock, Return, 3/4 Turning Shuffle**

|  |  |
| --- | --- |
| 1,2 3&4 | (1) Rock forward on L; (2) Return weight to R; Turn ¼ left on L; (&) Step R next to L; Turn ¼ left on L (9:00) |

|  |  |
| --- | --- |
| 5,6 7&8 | Rock forward on R; Return weight to L; (7) Turn ¼ right on R; (&) Step L next to R; (8)Turn ½ right on R (6:00) |

**[41-48] L: Side, Behind-Side-Cross, Side – Sailor Step, Behind-Side-Cross**

|  |  |
| --- | --- |
| 1,2&3,4 | (1) Step L side left; (2) Step R behind L; (&) Step L side left; (3) Step R in front of L; (4) Step L side left |

|  |  |
| --- | --- |
| 5 & 6 | (5) Step R behind L; (&) Step L next to R; (6) Step R side right |

|  |  |
| --- | --- |
| 7 & 8 | (7) Step L behind R; (&) Step R side right; (8) Step L in front of right (6:00) |

**[49-56] Repeat R: Side, Behind-Side-Cross, Side – Sailor Step, Behind-Side-Cross**

|  |  |
| --- | --- |
| 1,2&3,4 | (1) Step R side right; (2) Step L behind R; (&) Step R side right; (3) Step L in front of R; (4) Step R side right |

|  |  |
| --- | --- |
| 5 & 6 | (5) Step L behind R; (&) Step R next to L; (6) Step L side left |

|  |  |
| --- | --- |
| 7 & 8 | (7) Step R behind L; (&) Step L side left; (8) Step R in front of left (6:00) |

**[57-64] Syncopated Double & 2 Single Touches going backwards - Repeat**

|  |  |
| --- | --- |
| &1,2 | (&) Small Step on L side left; (1) Touch R forward; (2) Lift R heel off floor and return to floor (Pulse once) |

|  |  |
| --- | --- |
| &3&4 | (&) Step back on R; (3) Touch L forward; (&) Step L back; Touch R forward |

|  |  |
| --- | --- |
| &5,6 | (&) Step back on R; (5) Touch L forward; (6) Lift L heel off floor and return to floor (Pulse once) |

|  |  |
| --- | --- |
| &7&8& | (&) Step back on L; (7) Touch R forward; (&) Step back on R; (8) Touch L forward; (&) Step L next to R (6:00) |

**Begin Again!**

**Tags: End of wall 2 & 4 there is an 8-count tag. They start on the front wall and end on the front wall**

**[1-8] Walk, Walk, Step Forward, Swivel Left – Swivel Right, Swivel Left, Step Forward, Turn 1/2 Left**

|  |  |
| --- | --- |
| 1,2,3,4 | Walk forward: R, L; Step R forward; (4) Swivel on balls of both feet about ½ left (keep looking to front wall) |

|  |  |
| --- | --- |
| 5,6,7,8 | Swivel about ½ right; Swivel ½ to back wall; Step R forward; (8) Turn ½ left onto your L (12:00) |

**Contact: michaelbarr575@gmail.com / www.michaelandmichele.com**

**Last Update – 30th March 2017**