

Once In A Lifetime

Count: 64

Wall: 4

Level: Improver / Intermediate

Choreographer: Diana Dawson (UK) - January 2015

Music: Once in a Lifetime - Heartbeat : (Album: Once in a Lifetime)



#16 count intro - No Tags Or Restarts and the dance ends facing the front wall! , CCW direction

Section 1: □RIGHT SIDE-TOGETHER, CROSS SHUFFLE, LEFT SIDE-ROCK, CROSS SHUFFLE

- 1-2 Step right out to right side, step left beside right
- 3&4 Cross step right over left, step left to left side, cross step right over left.
- 5-6 Rock left out to left side, recover onto right
- 7&8 Cross step left over right, step right to right side, cross step left over right

Section 2: □RIGHT SIDE, TOGETHER, SIDE SHUFFLE, CROSS, ROCK, QUARTER TURN LEFT SHUFFLE

- 1-2 Step right to right side, step left beside right
- 3&4 Step right to right side, step left beside right, step right to right side
- 5-6 Rock left across right, recover onto right
- 7 Make quarter turn left stepping forward on left [9.00]
- &8 Step right beside left, step forward on left

Section 3: □STEP, PIVOT QUARTER TURN LEFT, CROSS SHUFFLE, THREE-QUARTER TURN, SHUFFLE

- 1-2 Step forward on right. Pivot quarter turn left □□□□[6.00]
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Make quarter turn right stepping back on left, half turn right stepping forward on right [3.00]
- 7&8 Step forward on left, step right beside left, step forward on left

Section 4: □ROCK FORWARD, SHUFFLE BACK, SLOW COASTER STEP, SCUFF

- 1-2 Rock forward on right, recover onto left
- 3&4 Step back on right, step left beside right, step back on right
- 5-6-7-8 Step back on left, step right beside left, step forward on left, scuff right forward

Section 5: □STEP, LOCK, SHUFFLE, STEP- PIVOT HALF TURN RIGHT x2 (or Rocking chair)

- 1-2 Step forward on right, lock step left up to right
- 3&4 Step forward on right, step left beside right, step forward on right
- 5-6 Step forward on left, pivot half turn right. □[9.00]
- 7-8 Step forward on left, pivot half turn right □□[3.00]

Note: Easy alternative for steps 5-6-7-8 – Rock forward on left, recover, rock back on left, recover (rocking chair)

Section 6: □CROSS, SIDE, BEHIND, SWING BACK, BEHIND, SIDE, CROSS SHUFFLE

- 1-2 Cross left over right, step right to right side,
- 3-4 Step left behind right, swing right out and back
- 5-6 Step right behind left, step left to left side,
- 7&8 Cross right over left, step left to left side, cross right over left

Section 7: □FORWARD ROCK, HALF TURN SHUFFLE, STEP, PIVOT HALF TURN, SHUFFLE FORWARD

- 1-2 Rock forward on left, recover onto right
- 3&4 Shuffle half turn left stepping Left, Right, Left □□□□[9.00]
- 5-6 Step forward on right, pivot half turn left,
- 7&8 Step forward on right, step left beside right, step forward on right □[3.00]

Section 8: □ LEFT STEP- PIVOT QUARTER TURN x2 (Paddles), CROSS, ROCK, SIDE, DRAG/TOUCH

1-2 Step forward on left, pivot quarter turn right □ □ □ □ [6.00]

3-4 Step forward on left, pivot quarter turn right □ □ □ □ [9.00]

5-6 Cross rock left over right, recover onto right

7-8 Long step left to left side, drag right up to left and touch

Begin again

Contact: www.dianadawson.uk - dianadawson@btinternet.com - Tel: 01896 756244
