

ONCE IN A LIFETIME

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Count: — **Wall:** — **Level:** Phrased Intermediate

Choreographer: REBECCA ARMSTRONG

Music: ONE IN A MILLION, by 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 $\frac{1}{2}$ turn over R shoulder, step back on L making $\frac{1}{2}$ turn over R shoulder

(9-16) STEP FWD, STEP $\frac{1}{4}$ R, CROSS ROCK, RECOVER STEP, L SAILOR, R SAILOR $\frac{1}{4}$

1-2 step fwd on R, step fwd on L making $\frac{1}{4}$ 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 $\frac{1}{4}$ turn R, step R to R side

(17-24) FWD SHUFFLE, SIDE SHUFFLE, $\frac{1}{4}$ 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 $\frac{1}{4}$ 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, $\frac{1}{2}$ SHUFFLE, STEP $\frac{1}{2}$ PIVOT, ROCK RECOVER TOUCH

1-2 rock fwd on L, recover back on to R

3&4 step L to L side making $\frac{1}{4}$ turn L, step R beside L, step L to L side making $\frac{1}{4}$ turn L

5-6 step fwd on R, pivot $\frac{1}{2}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ 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, $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ L, CROSS SHUFFLE, ROCK L, RECOVER $\frac{1}{4}$ R, CROSS SHUFFLE

1-2 rock fwd on R, recover on to L making $\frac{1}{4}$ 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 $\frac{1}{4}$ 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