

ONCE

LINEDANCE.COM

Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Double D

Music: For Once In My Life by Vonda Shepard

TWINKLE, TWINKLE, ROCK AND STEP, ROCK AND STEP

- 1&2** Cross left over right, step right to right side, step left next to right
- 3&4** Cross right over left, step left to left side, step right next to left
- 5&6** Rock forward on left, replace weight onto right, step left next to right
- 7&8** Rock forward on right, replace weight onto left, step right next to left

FULL TURN FORWARD, ROCK AND STEP, CROSS BACK BACK, CROSS ¼ TURN STEP

- 1&2** Make a full turn over left shoulder stepping left, right, left
- 3&4** Rock forward on right, replace weight onto left, step right next to left
- 5&6** Cross left over right, step back on right, step back on left
- 7&8** Cross right over left, step back on left making a ¼ turn to the right, step right to right side

CROSS SIDE BEHIND, ROCK ROCK, BEHIND AND CROSS, TOUCH CROSS

- 1&2** Cross left over right, step right to right side, cross left behind right
- 3-4** Rock to right side on right, rock to left side on left
- 5&6** Cross right behind left, step left to left side, cross right over left
- 7-8** Touch left toe to left side, cross left over right

ROCK AND CROSS, ROCK ¼ TURN STEP, 1¼ TURN TRAVELING FORWARD, SIDE STEP TOUCH

- 1&2** Rock right to right side, step left in place, cross right over left
- 3&4** Rock left to left side, make ¼ turn to right stepping forward on right, step left next to right
- 5&6** Step forward right making ½ turn over left shoulder, step back on left making ½ turn over left shoulder, step forward on right making ¼ turn over left shoulder
- 7&8** Step left to left side, step right next to left, touch left toe to left side

REPEAT