

# Once In My Life

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**Count:** 32      **Wall:** 4      **Level:** Beginner / Intermediate

**Choreographer:** Helen Born & Nita Lindley

**Music:** Scotty McCreery - For Once in My Life - From American Idol

## Start dancing on lyrics

### TURN $\frac{1}{4}$ RIGHT SHUFFLE, $\frac{1}{4}$ TURN WALK WALK, TURN $\frac{1}{4}$ RIGHT SHUFFLE, $\frac{1}{4}$ TURN WALK WALK

**1&2-3-4** Turn  $\frac{1}{4}$  right shuffle right, left, right, turn  $\frac{1}{4}$  right walk left walk right

**5&6-7-8** Turn  $\frac{1}{4}$  right shuffle left, right, left turn  $\frac{1}{4}$  right walk right walk left 12;00

### $\frac{1}{2}$ , SHUFFLE, $\frac{1}{2}$ , SHUFFLE

**1-2-3&4** Step right forward, turn  $\frac{1}{2}$  left, shuffle right, left, right

**5-6-7&8** Step left forward, turn  $\frac{1}{2}$  right shuffle left, right, left

### CROSS RIGHT & LEFT

**1-2&3-4** Cross right over left, step left, cross right behind left, step left, cross right over left

**5-6&7-8** Cross left over right, step right, cross left behind right, step right, cross left over right

### TURN $\frac{1}{4}$ RIGHT AND ROCK STEPS & COASTER STEPS

**1-2-3&4** Rock turn  $\frac{1}{4}$  right on right, recover left, right coaster 3:00

**5-6-7&8** Rock left forward, recover right, left coaster step

### REPEAT