

Once In A Lifetime C&G

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Count: 32 **Wall:** 4 **Level:** Basic Beginner

Choreographer: Annemaree Sleeth - Jan 2015 (Australia)

Music: Once In A Lifetime by Heartbeat. Album :Once In A Lifetime: [Length 3.14]

Music available: www.heartbeatduo.com.au

Alternate Music Suggestions :

Wrapped Up by Olly Murs - Split floor to Simon Wards' Intermediate dance "Wrapped Up"

My Cherie Amour - Boney M. Album :The Essential Boney M [iTunes - 4.04]

(Start on vocals) 16 Counts or 32 counts for Wrapped Up - No Tags Or Restarts

SECTION 1 [1 -8] CROSS, TAP, BACK, TOGETHER, CROSS, SIDE, BEHIND, TOUCH

- 1 - 2 Cross diagonal R over L, tap L behind R (add finger clicks head height)
- 3 - 4 Step L back , step R side
- 5 - 6 Cross R over L, step R side,
- 7 - 8 Cross L behind, touch diag R side angle body to L diagonal (add finger clicks)

SECTION 2[9 - 16] TRIPLES FORWARD X 3, FORWARD BRUSH

Easier option CROSS POINT X 3 FORWARD BRUSH

- 1 & 2 Step R forward, step L together, step R forward (TINY STEPS FORWARD)
- 3 & 4 Step L forward, step R together, step L forward
- 5 & 6 Step R forward, step L together, step R forward (add arms)
- 7 - 8 Step L forward, brush R forward

Option 7 -8 change to extra triple forward- Step R forward, step L together, step R forward

SECTION 3[17 -24] FORWARD, TAP, BACK, TOGETHER, FORWARD, TAP, BACK, TOGETHER

- 1 - 2 Step R Forward, Tap L behind R (bending both knees)
- 3 - 4 Step back L, step R together (weight R)
- 5 - 6 Step L forward, tap R behind L (bending both knees)

7 - 8 Step R back, L together

SECTION 4 [25 - 32] JAZZ BOX FORWARD, TINY PADDLE, TINY PADDLE TURNS

1 - 2 Cross R over L, step L back,

3 - 4 Step R side, step L forward

5 - 6 Step R 1/8 pivot L, (wgt L) [7.30]

7 - 8 Step R, 1/8 pivot L (weight L) [9.00]

Finish to the front by add extra 2 step ¼ pivots