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E-mail: admin@linedancermagazine.com

Lifetime Love

32 Count, 4 Wall, Intermediate

Choreographer: Sadiyah Heggernes (Nor) July 2012

Choreographed to: A Once In A Lifetime Love
by Alan Jackson, Album: Drive (163 bpm)

16 Count intro – start on vocals

1 **Basic L, R Chasse, Cross Rock, Recover, Sweep, Sailor ¼ Turn L**

1-2& Step L long step to L side. Rock back on R (slightly behind L). Recover onto L

3&4 Step R to R side. Step L beside R. Step R to R side

5-6 Cross rock L over R. Recover onto R.

7&8 Sweep L out & around. ¼ turn L. Cross L behind R. Step R beside L. Step forward on L 9.00

2 **Rock Forward, Recover, Ball Step, Lockstep Forward, Step, ½ Pivot L, Step, Full Turn R, Step**

1-2& Rock forward on R. Recover onto L. Step R beside L

3&4 Step forward on L. Lock R behind L. Step forward on L

5&6 Step forward on R. ½ pivot L. Step forward on R

7&8 ½ turn R. Step back on L. ½ turn R. Step forward on R. Step forward on L 3.00

3 **Basic R, L Chasse, Cross Rock, Recover, Sweep, Sailor Cross ¾ Turn R**

1-2& Step R long step to R side. Rock back on L (slightly behind R). Recover onto R

3&4 Step L to L side. Step R beside L. Step L to L side

5-6 Cross rock R over L. Recover onto L

7&8 Sweep R out & behind L. Cross R behind L. ¾ turn R. Step L beside R. Cross R over L 12.00

4 **Ball Cross, Unwind ½ Turn L, Side Rock Recover, Cross, Ball Cross Rock, Recover Sweep, Sailor ¼ Turn R**

&1-2 Small step L to L side. Cross R over L. Unwind ½ turn L (weight on L) 6.00

3&4 Rock R to R side. Recover onto L. Cross R over L

***R* Restart here during wall 4 facing 9.00**

&5-6 Step L to L side. Cross rock R over L. Recover onto L

7&8 Sweep R out & around. 1/4 turn R. Cross R behind L. Step L beside R. Step forward on R 9.00

1 Restart during Wall 4

Note: The dance will go slightly out of phrasing towards the end of the track.

Just keep on dancing!

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768^{charged at 10p per minute}