

## Once

32 count, 4 wall, beginner/intermediate level

Choreographer: Double D (UK) May 2002

Choreographed to: For Once In My Life by

Vonda Shepard, Ally McBeal CD

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### **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 travelling 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
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