

Once In A Lifetime

Phrased, 64 count, 4 wall, intermediate level
Choreographer: Phil Johnson (UK) Sept 2006
Choreographed to: Once In A Lifetime by Keith
Urban, CD: Love, Pain & the Whole Crazy Thing
(136 bpm)

Intro 32 counts (from first guitar note) (

NOTE:- the dance to the single is phrased 64; First 32 counts; 64; 64; First 16 counts; 64; First 16 counts; 64; 64; 48 as music fades. Check notes after steps 49 -56 for a nice ending facing the home wall

When dancing to the Album track the dance is phrased as above but wall 10 (home) is the full 64 counts. Then dance the full 64 counts to walls 11 (3 o'clock); 12 (6 o'clock); 13 (9 o'clock). The dance ends during wall 14 (home) on counts 21-24. On count 22 do a full turning right Monteray to the home wall, dig left heel forward and cross touch.

As the Intro counts in bump hips forward and back with left foot forward. End forward with weight on left ready to start dance.

Rock right forward, recover; right shuffle backwards; rock back, recover; Left shuffle forwards

- 1-2 Rock forward on right, recover weight back on left;
- 3&4 Step back on right, step left beside right, step back on right;
- 5-6 Rock back on left, recover weight forward on right;
- 7&8 Step left forward, step right beside left, step forward on left. (12 o'clock)

Cross right, ¼ turn right stepping back on left; Right to side, cross left, rock right recover ¼ turn left step right forward. Two walks forward

- 9-10 Cross step right over left, ¼ turn right stepping back on left;
 - 11-12 Step right to right side, cross step left over right, (3 o'clock)
 - 13-14 Rock right to right side, recover weight on left with ¼ turn left
 - 15-16 Step right forward, step left forward (12 o'clock)
- Restart** at this point on walls 5 (facing 3 o'clock) and 7 (facing 6 o'clock)

Point Cross x 2; ½ Right Monteray; Left Heel dig, Left touch across right

- 17 -20 Point right to right side, cross step right over left; point left to left side, cross step left over right,
- 21-24 Point right to right side, (on left) Pivot half turn right stepping right beside left, dig left heel forward, cross touch left toe across right (6 o'clock)

When dancing to the Album track the dance ends during wall 14 (home) on counts 21-24. On count 22 do a full turning right Monteray to the home wall, dig left heel forward and cross touch.

Full turn left (travelling forward); Rock left forward, recover; two hops backwards

- 25-28 Full turn left (Travelling forward) stepping left right left right
- 29-32 Rock forward on left, recover weight back on right, hop backwards on right twice (leaning slightly forward with left leg slightly bent at knee) (6 o'clock)

On Wall 2 on count 31/32 omit the hops backwards and step back on left, touch right beside left ready to start from count 1 of the dance. You will be facing 9 o'clock

¼ turn left, weave, point right to right; 1 ¼ turns right, step left forward

- 33-36 ¼ turn left stepping left to left side, cross step right in front of left, step left to left side, point right toe to right side (3 o'clock)
- 37-40 ¼ turn right stepping onto right, (travelling forward) ½ turn right stepping back on left, ½ turn right stepping right forward, step forward on left (6 o'clock)

¼ turning Jazz Box, Point crosses x 2

- 41-44 Cross step right over left; step back on left (start ¼ turn right), ¼ turn right stepping right to right side, cross step left over right (9 o'clock)
- 45-48 Point right to right side, cross step right over left, point left to left side, cross step left over right, (weight on left) (9 o'clock)

Unwind halt turn right; bump hips

- 49-50 Unwind half turn right (weight on left)
- 51-52 Bump Hips right left
- 53-56 Bump hips right left right left (as sexy as you feel comfortable with!!) (3 o'clock)

When dancing to the single, on counts 49/52 as the music fades on the last wall (starting facing 12 o'clock) unwind ¼ turn right from 9 o'clock wall to the home wall and bump hips till the music is no more.....

Rock forward recover, $\frac{3}{4}$ turn x 2

57-58 Rock forward on right, recover weight back on left;

59&60 Shuffle Three quarter turn right stepping right left right; (12 o'clock)

61-62 Rock forward on left, recover weight back on right;

63-64 Shuffle three quarter turn left stepping left right left; (3 o'clock)

Music download available from itunes

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