

Once In My Life

32 Count, 4 Wall, Improver

Choreographer: Helen Born & Nita Lindley (USA)

Aug 2011

Choreographed to: For Once in My Life

by Scotty McCreery, CD: American Idol

Start dancing on lyrics

**TURN ¼ RIGHT SHUFFLE, ¼ TURN WALK WALK, TURN ¼ RIGHT SHUFFLE,
¼ TURN WALK WALK**

1&2-3-4 Turn ¼ right shuffle right, left, right, turn ¼ right walk left walk right

5&6-7-8 Turn ¼ right shuffle left, right, left turn ¼ right walk right walk left 12;00

½, SHUFFLE, ½, SHUFFLE

1-2-3&4 Step right forward, turn ½ left, shuffle right, left, right

5-6-7&8 Step left forward, turn ½ 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 ¼ RIGHT AND ROCK STEPS & COASTER STEPS

1-2-3&4 Rock turn ¼ right on right, recover left, right coaster 3:00

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